DREW SPRING 2023

♥ HOW WE DO IT

DREW

Every Day Beautiful

DREW'S GUIDE TO A BETTER DAY!

♥

HOW WE DO IT!

BEAUTY
ORGANIZE
TRAVEL
BALANCE
COOK
FAMILY
WORK OUT
LOVE
SLEEP

♥

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DREW

This
is how
we
get it
done.

PHOTOGRAPH: TED + CHELSEA. STYLING: HEATHER GREENE / HELLO ARTISTS

Welcome to the How We Do It issue.

A few months ago, our magazine team was on a big Zoom call and the question came up: *How do we do it?*

No matter how I've done it, I've shared it. I'm not very good at keeping things inside. I like to listen; I like to learn; I like to be open-minded and hunt for true answers to burning questions. I like to make sure I'm open-hearted enough to hear something when I least expect it and give it the potential to enhance my life.

The answer to *How do you do it?* is different for everyone, yet there are some universal truths and connectors. In this issue, I take you through a day in my life and get very specific with the numerical balance sheet that helps me navigate through. I really wanted to share that with you.

No matter your style — or your upbringing or values — one thing connects us: We are here alive on this planet today. And right now some of us are even reading the same magazine. Hello, everybody!

Isn't that cool? At this very moment, this issue is like a butterfly net, scooping us all into some sort of shared experience. Maybe you'll take away a new morning routine from one of my favorite trainers, Marnie Alton, or plan a friends trip to Italy like I did. Perhaps you'll find the life hacks from Gayle King, Marie Kondo, and Danny Seo as insightful and inspiring as I do! Maybe you'll make Jocelyn Delk Adams' amazing popcorn for a night on the couch in your sweatpants or try a new hobby.

Nothing in here is the "right" way to do it. It's all just insight into how all sorts of people are doing it all across the country. I'm thrilled we can put it here in our magazine. If even one of these ideas speaks to you, I'm so happy.

P.S. to our publishers,

Thank you for having us to the party. It's been my life's dream to make a magazine. I'm so proud we're doing it together!

There is no one "right" way to do something.

GRAYDON HERRIOTT

FASTEST-GROWING SHOW IN DAYTIME
the
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barrymore show
scan for
where to watch

Source: Top banner = NSS, 09/12/22-12/18/22 vs. 09/13/21-12/19/21. Daytime's fastest growing show is vs. all broadcast strips M-F 9A-3P (ABC/CBS/NBC) and all syndicated strips. L+SD, P2+ 000s.

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DREW

SPRING 2023

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Cover photo by
GRAYDON HERRIOTT

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CHRISTINE HAN

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AND FLOWERHAIRTOOLS.COM

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HOLD ON,
LET ME
OVERTHINK
THIS

PHOTOGRAPH: TED + CHELSEA, STYLING: HEATHER GREENE / HELLO ARTISTS

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CONTRIBUTORS

1

2

3

4

5

We asked some of this issue's contributors how they balance work and play. Here's what they said.

1

TESS FALOTICO-LAFAYE

COPY EDITOR
QUEENS, NEW YORK

I play every day! Whether I take my dog to the park in the morning or squeeze in a baking project between meetings, there's always time for fun if I make it a priority.

@tess__fltesslafaye.com

2

CHRISTINE HAN

PHOTOGRAPHER
BROOKLYN, NEW YORK

I used to be overserious about work and think my self-worth was defined by achievement. But my toddler daughter teaches me that everything is play, meaning that the opportunity for joy and curiosity is in every moment, and that just being is where it's at. Realizing this makes it easier to feel balanced, no matter what it is I'm doing.

@christineshoots
christinehanphotography.com

3

TIFFANY J. DAVIS

WRITER AND
CONTENT DIRECTOR
BROOKLYN, NEW YORK

I'm learning that the more I'm able to stay in wonder — at work, play, or just life — the more in balance I feel.

@prettyshindig
tiffanyjdavis.com

4

CORINNA SHAPIRO

SOCIAL MEDIA
COORDINATOR AND
CONTENT CREATOR
NEW YORK CITY

My job never feels like work, which makes finding balance in this crazy life a lot easier! Balance to me looks like taking my horse-size dog to new parks, lighting my favorite candles, trying new restaurants, ordering in sushi more often than I'd like to admit, and having a career that I love dearly.

@corinnashapiro_

5

DIEGO ROMERO

PR PRO AND
MEDIA
SPOKESPERSON
PHOENIX

Always prioritize time outside. My partner and I love to go to the farmers market on Saturdays with our dog. Finding unique goods and fresh foods makes our workweek easier and special.

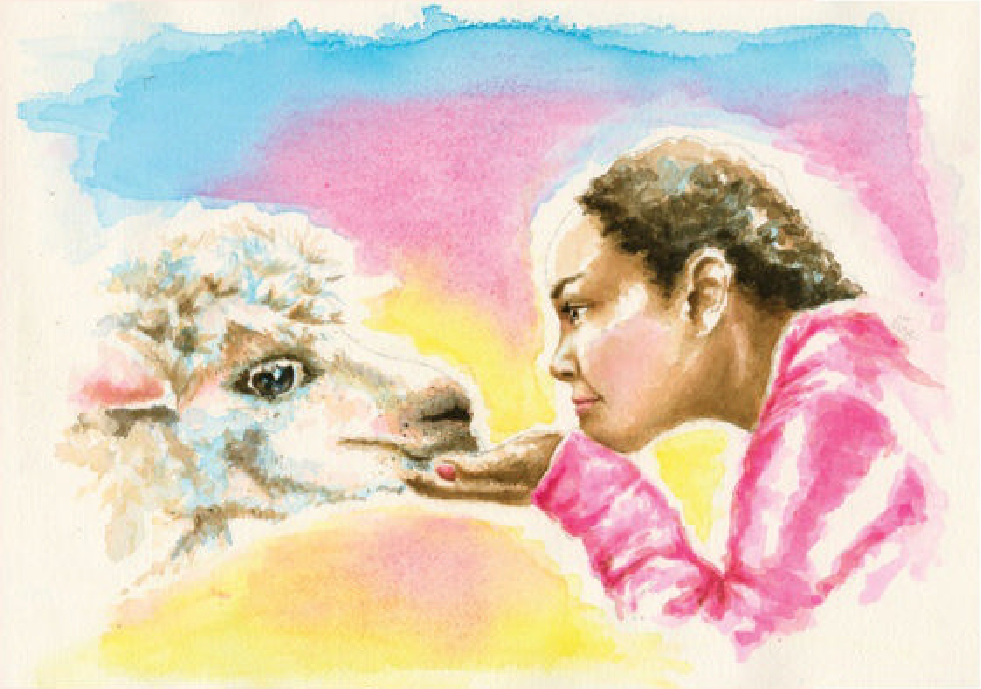
@digsypic

COURTESY OF THE SUBJECTS

Drew's News

Serving the news,
sunny-side up

By **SIBRENA STOWE-GERALDINO**



Just for Kicks

Imagine braving Yosemite National Park's valleys, waterfalls, and glaciers in a pair of durable vegan sneakers made from sativa-strain fibers industrious types have coveted since 8000 B.C. **8000Kicks** makes that adventurous dream come true with the world's first natural hemp insole, which is breathable, waterproof, and ideal for extreme climates and conditions. Is there anything hemp can't do? **8000kicks.com**

EYE DETOX
WOKE
AFTER DARK

Big Sister Energy

Everyone could use a big sister. After 15 years as executive director for former NBA baller Dwyane Wade's foundation, Wade's big sister, Dr. Tragil Wade-Johnson, started **America's Big Sisters** to educate, mentor, and empower teenage girls in underserved communities. Using what she wished she and her brother had access to growing up, Wade-Johnson's programs share the tools for a healthy, independent, goal-oriented lifestyle. **americasbigsisters.com**

Shroom Service

Siblings Irina Gottesman and Sam Kandhorov founded wellness brand **House of Grō** and produced the first certified microbiome-friendly CBD skin care line by re-creating their great-grandmother's homemade chaga mushroom remedies. It makes total sense. With a commitment to forest health, House of Grō encourages chaga growth by throwing chucks of the slow-maturing mushroom onto the Northern Maine forest floor, where they are harvested to encourage regeneration via birch trees. **houseofgro.com**

Gen Next

A multihyphenate before she turned double digits, teen activist Genesis Butler is out to save the world. As founder of animal rights platform **Genesis for Animals** and environmental awareness group Youth Climate Save, she's leading a global movement for a better tomorrow by putting a spotlight on the important connection between animal agriculture and climate change and taking action through events, legislation, and fundraising Not bad for a 15-year-old. **genesisforanimals.org**

↓

Join the party at **thedrewbarrymoreshow.com.**

For more Drew's News, tune into ***The Drew Barrymore Show*** on CBS.

GEN NEXT: LINDSAY LEWIS

SPONSORED

SHE worked IT!

Allison stopped searching for that quick fix and finally got her groove back!

The Glow Getter

On red carpets and photo shoots, hair and makeup artist Allison's super power is making her clients (famous and otherwise) look their most natural, can't-put-your-finger-on-it, gorgeous, glowing selves. And she's good at it. "But the truth is, I wasn't feeling beautiful myself. I felt as if I was walking around in someone else's bodysuit. The outside me didn't match how I felt inside."

Flipping the Script

The story of how Allison lost 22 lbs.[1] in 15 weeks starts here. "It was right around my 46th birthday and it dawned on me. I had regimens in place for taking care of my hair, my skin even my nails—but I didn't have any structure or strategies in place for caring for my inner self. I knew I wanted to change things, and that only I could do it."

Figuring It Out

"At first it was all about making simple switches. Instead of driving I walked. I started filling my grocery cart with more healthful choices and stopped (almost completely) buying processed foods. I learned how to read labels; what to look for and the blessing of certain seasoning to "pump up" the flavor of food. It felt great, and for the first time in a long time, I felt in control."

/ AFTER /
/ BEFORE /

Allison, entrepreneur & professional hair and makeup artist

The Terrible & the Tempting

"Then there was my work! Running from shoot to shoot with little or no daily structure, and on top of that was the industry's ultimate weight loss pitfall: the supersized sweets & treats platters. I almost threw in the towel."

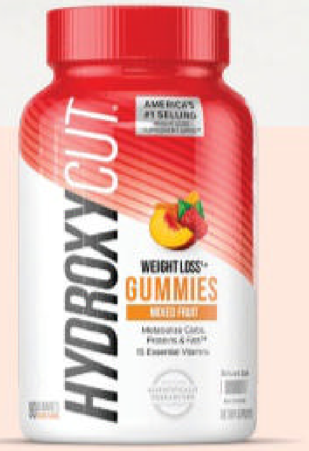
The Extra Support

"It was when I found **Hydroxycut Gummies** that I felt I could really do this. The gummies work for me because they're versatile and can go with me anywhere. Plus, they're delicious, packed with vitamins and give me that added edge to ignite my journey."

The Happy Ending (& the Story Continues)

Allison is down 22 lbs.[1] She's figured out what works for her and has a series of strategies and tools in place. She's making it work, for her. And she is happy to report, "it feels really good to have my confidence back."

[1] Allison used the key ingredient in Hydroxycut (C. canephora robusta) with diet and exercise and was remunerated. Average weight loss in 60 days with the key ingredient was 10.95 lbs. with a low-calorie diet, and 3.7 lbs. in a separate 8-week study with a calorie-reduced diet and moderate exercise.



"The Total Package. Weight Loss Gummies + Multivitamins!"

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Hydroxycut Gummies are formulated with a scientifically researched key weight loss ingredient to help produce significant weight loss results. Hydroxycut Gummies are non-stimulant, contain 15 essential vitamins, and are available in a delicious Mixed Fruit flavor. **www.hydroxycut.com** $19.99

DREW GOODERS

Dirty hands, heart of gold

Say hello to Jamila Norman.

By TIFFANY J. DAVIS

COURTESY OF MAGNOLIA NETWORK

“I never thought I would be a farmer, but I always knew I’d grow food, because growing food is magic.” And with this Jamila Norman — known to fans of her Magnolia Network show, *Home Grown,* and patrons of her Atlanta-based Patchwork City Farms as “Farmer J” — sums up her journey from a child of “’70s health nut” Caribbean parents to environmental engineer and organic urban farm trailblazer, educator, and advocate.

To hear Norman tell it, there are a million ways to fall in love with urban farming — sweaty, mindful moments in the sunshine! Savoring fruit you’ve grown by hand! — but really just one reason: community.

“I’m a big believer in empowering people with skills to be their own health champions,” Norman says. “Because at the end of the day, your well-being comes down to what you’re doing in your life *right now*. Whether I’m coaching aspiring farmers or designing programs to help kids better connect with their food choices, my vision is about health, gathering, educating, and healing as much as anything else.”

At the end of the day, your well-being comes down to what you’re doing in your life *right now*.

JAMILA’S TIPS

Cultivate knowledge to help future plant projects thrive.

Grow Your Know-How

“Southern Exposure Seed Exchange is a wealth of information and connection for farmers and those growing vegetable crops in the Southeast,” says Norman, who strongly encourages quality (learning to care for a few plants at a time) over quantity (aka, falling victim to the lure of becoming an overnight plant parent). southernexposure.com

Go Deep

“In addition to just being an awesome badass and founder of Southern Exposure Seed Exchange, Ira Wallace has written guides specific to different states within the Southeast,” says Norman. “Each book tells you month to month, exactly what to do — what thrives in your region and when to plant it, where to build raised beds, how to compost … every and all things.” timberpress.com

Connect the (Green) Dots

“Atlanta is known as a city in a forest,” says Norman. “The West Atlanta Watershed Alliance is working to preserve and cultivate public green spaces, educating people on everything from food justice and stream bank restoration to maintenance of their 26-acre nature preserve a few blocks from our farm.” wawa-online.org

Cultivate Community

“Seek out a community garden or a church garden and participate!” says Norman, who draws endless connections between life lessons and farming lessons. “Gardens are a place where talking through challenges, figuring things out, and working together come naturally. Bring your plants, ask questions, make friends!”

For more Drew Gooders, follow **@thedrewbarrymoreshow.**

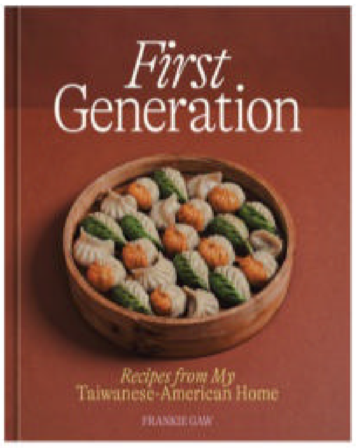
Drew's Spring

Cookbook Club

Guest Editor Rick Martinez

RICK MARTINEZ
MI COCINA

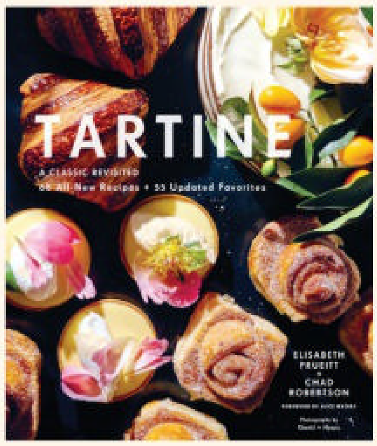
Rick Martinez's *Mi Cocina* is the kind of inspiring cookbook you want to cook — and eat — cover to cover. I'm thrilled to have his short list of all-time favorites to inspire my kitchen adventures this spring.


First Generation
Recipes from My Taiwanese-American Home
FRANKIE GAW

First Generation

BY FRANKIE GAW, $30

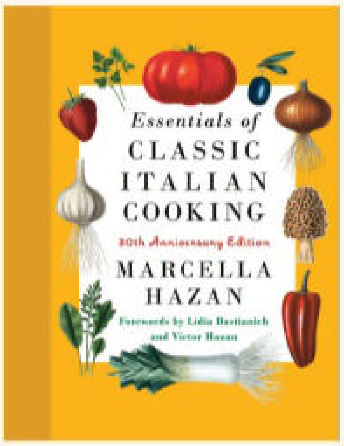
"*First Generation* is a beautifully designed and scrumptious Taiwanese home cooking book. I cried reading his stories about food, family, and his identity as a Taiwanese-American, gay kid growing up in Cincinnati."


TARTINE
A CLASSIC REVISITED
68 All-New Recipes + 55 Updated Favorites
ELISABETH PRUEITT
CHAD ROBERTSON

Tartine: A Classic Revisited

BY ELISABETH PRUEITT AND CHAD ROBERTSON, $37

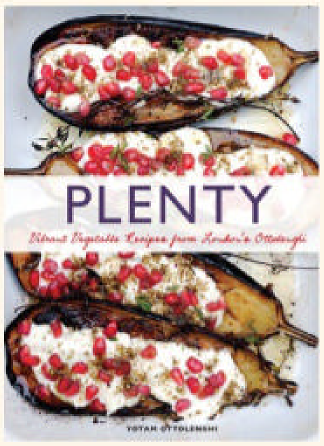
"My baking bible. I love all the baked goods at Tartine, and this book brings me so much joy and inspiration, and it has made me a better baker."


Essentials of
CLASSIC
ITALIAN
COOKING
30th Anniversary Edition
MARCELLA
HAZAN
Forewords by Lidia Bastianich
and Victor Hazan

Essentials of Classic Italian Cooking

BY MARCELLA HAZAN, $37

"The book for lovers of Italian cuisine. Her four-ingredient tomato sauce is iconic, and her recipes are simple and clear — great for newer cooks looking to learn the techniques of Italian cooking."


PLENTY
Vibrant Vegetable Recipes from London's Ottolenghi
YOTAM OTTOLENGHI

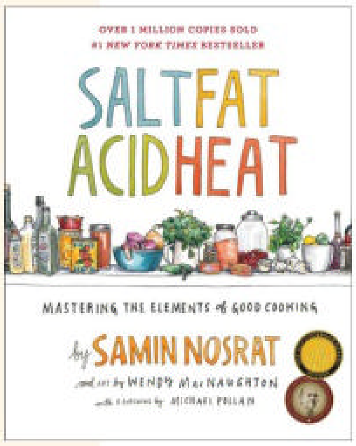
Plenty

BY YOTAM OTTOLENGHI, $33

"*Plenty* is a book that I turn to for flavor inspiration. Ottolenghi has a playful way of pairing unexpected vegetables, herbs, and spices to create combinations that work incredibly well together."

Photograph by REN FULLER

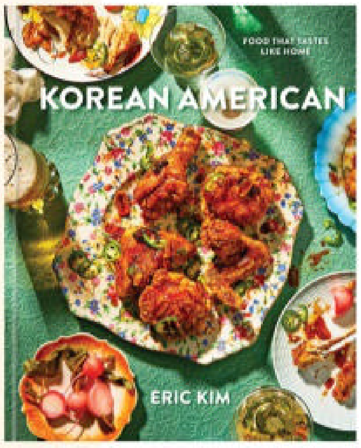
For more, go to **rick-martinez.com** and follow **@chefrickmartinez**.


OVER 1 MILLION COPIES SOLD
#1 NEW YORK TIMES BESTSELLER
SALT FAT ACID HEAT
MASTERING THE ELEMENTS of GOOD COOKING
by SAMIN NOSRAT
and art by WENDY MACNAUGHTON
with a foreword by MICHAEL POLLAN

Salt, Fat, Acid, Heat: Mastering the Elements of Good Cooking

BY SAMIN NOSRAT, $35

"Samin has taught me to punch up the 'wow' in my food by breaking down the sensation of taste into four simple components. She shows different ways to play up each element by using techniques and ingredients from all over the world."


FOOD THAT TASTES LIKE HOME
KOREAN AMERICAN
ERIC KIM

Korean American

BY ERIC KIM, $30

"A playful fusion of two of my favorite cuisines: Korean and that from the Southern U.S. His delectable Gochugaru Shrimp and Grits and Crispy Lemon-Pepper Bulgogi with Quick-Pickled Shallots bring tears to my eyes and a smile to my face."

Want to cook along with me? Join me on Instagram to share your favorite recipes, tips, and photos with **#DrewsCookbookClub.**

For more from Drew's Cookbook Club, tune in to ***The Drew Barrymore Show.***

Check **thedrewbarrymoreshow.com** for local listings.

Support local bookstores. Most of these titles are available at **bookshop.org.**

PILAR'S PLATE

It's minty pasta season, and **Pilar Valdes** is here for it.

By
PILAR VALDES

Photograph
by
MARTIN ROMERO

Pasta with minted pistachio sauce and spring vegetables

Your pasta is only as good as your sauce. This pistachio sauce adds just the right punch, sweetness, and crunch, and the freshness from the mint wakes everything up. Chock-full of sliced spring vegetables, this dish is a celebration of the bounty of the season. It sings spring to me.

SERVES 4

2	Cloves garlic, peeled
1	Cup shelled roasted pistachios
3	Tablespoons well-packed chopped mint
⅓	Cup + 1 tablespoon extra-virgin olive oil, divided
1	Lemon
Kosher salt	
Freshly ground black pepper	
1	Pinch chili flakes (optional)
1	Pound tagliatelle pasta, store-bought or homemade
1	Bunch fresh asparagus, trimmed and sliced ¼ inch thick on the bias
1	Cup fresh peas, shelled

- In the bowl of a food processor fitted with the blade attachment, add the garlic, pistachios, and a pinch of salt. Pulse until the mixture resembles pebbles of varying sizes. Add the mint and pour in ⅓ cup olive oil; process until a loose sauce forms. Add a squeeze of lemon juice, salt, pepper, and chili flakes, as desired. Set aside. (By the way, a mortar and pestle works for this, too.)
- Bring a pot of salted water to a boil. (*How salty?* Like the sea.) As soon as the water is boiling, drop in the pasta and give it a gentle stir. If using fresh pasta, cook for 1 minute and then add the asparagus and peas. (If using dried pasta, cook according to the package instructions until not quite al dente and then add the vegetables.) Continue to cook for about 1 minute more, until the pasta is just al dente. Reserve 1 cup of the pasta water; drain pasta and vegetables.
- In a skillet over medium-high heat, add the remaining 1 tablespoon of olive oil and 4 heaping tablespoons of the pistachio sauce. Add ¼ cup of the reserved pasta water and stir to emulsify. Add the pasta and vegetables and continue to cook and toss until the sauce is thick and glistening and the noodles are fully coated, about 1 minute more. Feel free to add a little more pistachio sauce or pasta water to achieve your desired consistency. Turn off the heat.
- Transfer the pasta to individual serving bowls and dollop with more pistachio sauce, freshly squeezed lemon juice, and chili flakes, if using.

For more, follow **@chefpilarvaldes.**

Drew's little yellow book

From pretty pans to practical bags,
here's what we love for making
it happen this spring.

Photograph by **Ted + Chelsea**

Zeyar Highlighters

$5 for six, amazon.com

"Color coding helps me see where my time is going. I use different colors for my girls, work, travel, social, and — if there's spare time left over — myself."

HEATHER GREENE/HELLO ARTISTS

Drew Barrymore

One question I get asked all the time is how I do it. Here are some of the things I really, truly use day in and day out that help me do my best to get it all done!

For more, go to **thedrewbarrymoreshow.com** and follow **@drewbarrymore**.

Tejava
The Unsweetened Tea
ORIGINAL
BLACK TEA

Tejava Original Black Iced Tea
$40 for 12, tejava.com

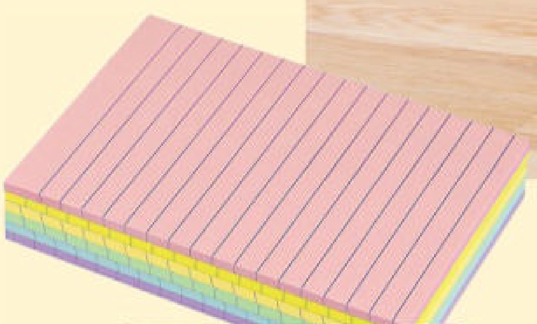
"This is my caffeinated beverage of choice. It pairs perfectly with loads of crushed ice in my No Drippy Sippy Cup. Cheers!"

JanSport Right Pack Backpack
$65, jansport.com

"I don't go anywhere without my backpack. It's practical and holds up to the wear and tear of my daily life."

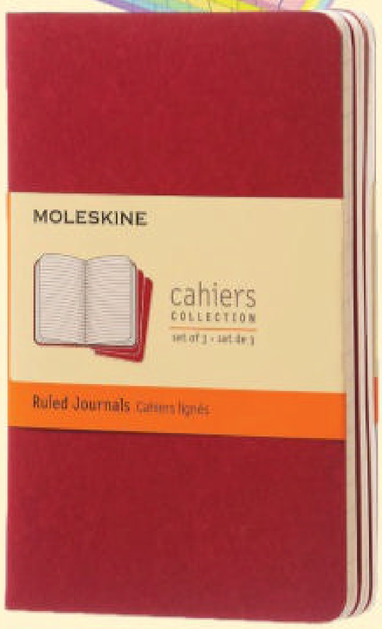
Beautiful No Drippy Sippy Cup
$18, walmart.com

"It holds just the right amount of liquid, fits in your cup holder, and doesn't leak. I love this cup!"



Vanpad Lined Sticky Notes $7, **amazon.com**

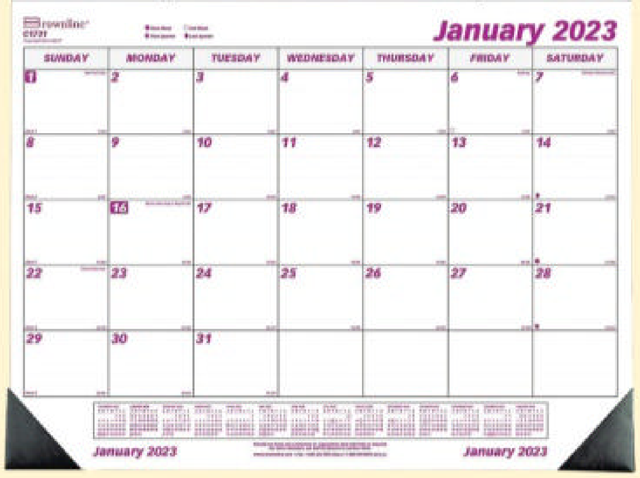
"I write down ideas or pieces of advice I hear throughout the day. I stick the really inspiring thoughts up in my meditation closet or bathroom mirror."



MOLESKINE
cahiers
COLLECTION
Ruled Journals

Moleskine Cahiers Journals
$11 for three, moleskine.com

"Keeping a gratitude journal is a daily practice. It keeps me present to the good that is all around me, even when things seem dark."



January 2023
SUNDAY
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY

Brownline Desk Pad Calendar
$11, amazon.com

"In order to put together the puzzle that is my schedule, I need to see everything laid out in front of me. I want the big picture."

COURTESY OF THE SUBJECTS AND BRANDS

Naomi Watts

Actress Noami Watts has taken on a new role: beauty and wellness entrepreneur. As founder and chief creative officer of Stripes, she's flipping the script on the conversation around menopause and offering product solutions "from scalp to vag," as the brand says. Here she shares her feel-seriously-good must-haves for spring.

For more, follow **@iam_stripes.**

Stripes The Full Monty Squalane Hydrating Vitamin C Body Oil
$30–$65, iamstripes.com

"It delivers deep hydration and brightens the appearance of skin."

Our Place Cookware
$115, fromourplace.com

"Ceramic-coated pans are my new favorite thing. They're a wonder — super lightweight, come in different colors, and function like an 8-in-1 cookware system."

Stripes Power Move Ectoine Hydrating & Plumping Serum
$85, iamstripes.com

"Along with mushroom extract and five versions of hyaluronic acid, it features a combination of squalane and ectoine."

Oura Ring
$299, ouraring.com

"I've become a bit obsessed with my Oura Ring. I wouldn't call myself a biohacker yet, but I'm definitely on my way."

Spanx Booty Boost Active Leggings
$98, spanx.com

"Nothing makes you feel stronger than when you're pulled together in a pair of Spanx and swinging a kettlebell."

COURTESY OF THE SUBJECTS AND BRANDS

Nidhi Lucky Handa

Who better to help slow the day's roll than Nidhi Lucky Handa, founder and CEO of cannabis brand Leune? Here are the five things she needs for her max-relax evening routine.

For more, follow **@leunebrand**.

FABLE & MANE
HoliRoots
Hair Oil
Huile Capillaire

Fable & Mane Hair Oil
$36, fableandmane.com

"I rub this oil into my roots with a gentle scalp massage to relieve tension and encourage healthy hair growth while I sleep."

CROWN AFFAIR

Crown Affair Silk Hair Tie
$15 for three, crownaffair.com

"I always tie my hair back to keep it smooth, avoid tangles, and prevent breakage."

Lunya Washable Silk Pajamas
$188–$278, lunya.com

"I like to start winding down after work by changing into my super soft pj's."

OSEA
vagus nerve
pillow mist

Osea Vagus Nerve Pillow Mist
$32, oseamalibu.com

"Before climbing into bed, I spray my pillow to create a serene, calming atmosphere."

LEUNE
Gem Drops
CLOUD BERRY
CANNABIS-INFUSED
ROSIN GUMMIES
Blackberry • Lemon

Leune Gem Drops
$18, leune.co

"I take a Gem Drop to let the relaxation begin and ensure a good night's sleep."

COURTESY OF THE SUBJECTS AND BRANDS

Clare Vivier

With 13 Clare V. stores and more than 200 retail outlets around the world, designer Clare Vivier is always on the go. Here are five things that help keep her spirits flying high while traveling.

For more, follow **@clarevivier** and **@shopclarev**.

Clare V. Fanny Pack
$285, clarev.com

"This is one of the first bags we made at Clare V. It was inspired by a belt bag my sister-in-law gave me at my wedding."

Sugar Paper Boxed Notes
$28 for 10, sugarpaper.com

"These thank-you notes make snail mail feel extra special."

Bombas Compression Socks
$36, bombas.com

"I'm obsessed and think a Clare V. x Bombas collab would be the ultimate in cute compression socks — don't you?"

CADDIS
EYE APPLIANCES

Caddis Glasses
$109, caddislife.com

"I like how these glasses look on me but — let's be honest I need them for reading these days, and they're really lightweight."

Ilia Color Block Lipstick in Amberlight
$28, iliabeauty.com

"I recently found this new Ilia lipstick shade and love it. The formula is super hydrating and the color is perfect for me."

My Dog, Paco
Priceless!

"Since you can't buy my Paco, go to your local shelter and find a pup to love you unconditionally. Or you can buy our new Paco clutch ($245) and pair it with another obsession of mine, our shortie strap ($85)."

COURTESY OF THE SUBJECTS AND BRANDS

Here's how we do it!

Drew and friends share expert insights into how they get it done — and how you can, too.

TED + CHELSEA

M/BODY
THE WORLD
NORTH AMERICA
COASTLINE
LOVE
SOKO

HOW WE DO IT

Start the day off right

Fitness expert and M/Body founder **Marnie Alton** wakes you up with a quick, centering routine.

Remember that motivation isn't something you find — it's something you create. This 15-minute routine is designed to feed your spirit, center your mind, and heal your body. Strive to show up daily. The more often you do it, the more you'll feel it becoming the part of the day you look forward to most.

Rise and Rehydrate

Set your alarm to wake up at the same time each day — and break up with your snooze button. That extra shut-eye can throw off your body's internal clock and actually leave you feeling more tired throughout the day. If you always feel exhausted in the a.m., try moving your bedtime up 30 minutes earlier at a time, until you find your sleep sweet spot.

Start your day with a clean slate. As soon as you wake up, drink 16 ounces of lemon water for a full-body flush. I like to keep a covered Mason jar of it beside my bed, so I can finish it before my feet hit the floor. Fun fact: Drinking all that citrusy, antioxidant-rich goodness first thing helps with detoxification and inflammation, boosts your immunity, improves digestion, and gets your skin glowing.

Meditate

Research has shown that just five minutes of meditation a day is enough to help improve your mood, reduce stress, boost brain function, and slow the aging process. Now that's definitely better than starting off the day scrolling!

Positive Affirmation Meditation

Find a comfy place to sit upright, tune into your breath, and repeat the following in your mind 10 times.

- Today is filled with possibility.
- I align myself with pure, fun, positive energy.
- I do my best to accomplish my goals.
- I am strong enough to overcome challenges.
- I am abundant and worthy.
- I have strengths, abilities, and gifts unique to me.
- I express myself with love and confidence.
- I lead with kindness to myself and others.
- I am exactly where I am supposed to be.
- I am enough just as I am.

Manifest

Putting pen to paper is a mental health powerhouse. It can help you organize your thoughts, reduce anxiety, and process your emotions in a positive, healthy way. A journal is one of the best places to express yourself freely and explore what you really want — even if it feels a little messy at first.

Set a timer for five minutes. Start each session by writing down at least three things you're grateful for, and then just let the words flow without judgment. Don't stop writing until the time is up. The biggest breakthroughs usually happen when you least expect them.

> **Even short bursts of exercise in the morning will have a huge effect on the rest of your day.**

NATALIE COSTELLO

M/BODY
BY MARNIE ALTON

Move

Even short bursts of exercise in the morning will have a huge effect on the rest of your day (including how well you'll sleep that night). Movement not only gets your blood pumping, it releases endorphins, improves brain health, oxygenates your lungs, and helps alleviate anxiety. All of that will make you feel more centered, energized, and ready to take on the day.

Here's a simple, five-minute series you can do anywhere.

- 30 seconds of full-body shaking to warm up. This stimulates your lymphatic system and literally shakes out all the built-up tension from your mind and body.
- 3-4 sun salutations to wake up your spine and joints. Focus on moving your body with your breath to create a powerful mind-body connection for the day.
- 1 minute of dancing plank to open up your hips and creative center.
- 4-5 rolling hangovers to activate your core, release your low back, and unlock your energy for the day.

Dancing Plank

- Start in a straight-arm plank with your hands and feet shoulder width apart.
- Hold for 30 seconds, stretching from your head to your heels.
- Begin the dance by taking a big step to bring your right foot up to your right pinky finger. Stretch your right arm up to the sky.
- Return to plank and repeat on the other side.
- Alternate for 30 seconds.

Rolling Hangover

- Stand tall and reach your arms high overhead. Take a big breath.
- As you exhale, tuck your chin, bend your knees deeply and round forward as you swing your arms down and back behind you, fold forward.
- Inhale as you swing back up to standing and pull your bent elbows behind your back, stretching your chest open and beaming your heart up to the sky.

For more, follow **@marniealton** and **@mbodybymarniealton**.

HOW WE DO IT

Spark joy

Organizational guru **Marie Kondo** wants you to have the best possible day.

Rituals help me reset and recharge.

COURTESY OF KONMARI MEDIA INC.

Every morning when I wake up, I choose joy. Mornings are the gateway to my days, so starting off on a productive note is vital to how the rest of my day will go. I commit to achieving my ideal day by reminding myself to be authentic, mindful, and balanced.

Rituals are also very important to me. Opening the windows, making a cup of green tea, striking a tuning fork, and spending time in the garden are all thoughtful and effective morning rituals that help me start with a clear mind. It's inevitable that I'll face obstacles and changes to plans; rituals help me reset and recharge, so I avoid distractions and mental clutter.

I always urge friends, family, and clients to reflect and be honest about what their ideal life looks like. It's a crucial step in the KonMari Method. When applying the method to your physical space, you'll find that clear intention-setting can help you embark on a tidying journey that will keep you organized. The desire to achieve an ideal life, or *kurashi*, will keep you motivated to choose joy each day.

For more, go to **shop.konmarie.com** and follow **@mariekondo**.

HOW WE DO IT

Stay balanced

Comedian, actress, and publisher **Phoebe Robinson** reveals her secret sauce for self-care.

Playing Tennis

I've been a lifelong fan of tennis but never played until Serena announced her retirement from the sport and I thought, "This is my moment to get in there!" Kidding! But I've always wanted to play tennis, and after taking a couple of lessons while on vacation over the summer, I fell in love. I play about two or three times a week, and I do it first thing in the morning. Those early hours are typically the only hours I have to myself, and the gift of movement is so special.

Reading

What a surprise that someone who has their own imprint loves to read! But seriously, reading can challenge you; help you see the world in a different way; make you laugh, cry, and feel all the feels. What a gift it is to be able to grow as a human/be reminded of your humanity by reading a book.

Having Dinner With Friends

COVID reminded everyone that breaking bread with friends should not be taken for granted. I love going out to one-on-one dinners with friends and having people over at my place, where we order takeout and do karaoke (something I'm sure my neighbors do not love). Spending time with people I care about makes life easier and more enjoyable and always refuels me.

Traveling

I was a big traveler both stateside and internationally pre-COVID, and now I'm slowly getting back into the swing of things. Whether I'm going to Africa for work or Los Angeles for a friend's birthday party, traveling is my favorite way to experience the world and learn. It reminds me how small — and how connected — we actually are. Also, I love to find little nuggets. Like the best tacos I've ever had? In Copenhagen in 2018. Who would've guessed? I think about those tacos once a month.

Calling Family and Friends

Yes, texting is easier and faster, and you can multitask — but it is also hella impersonal. Hearing someone's voice is both soothing and exciting. Undeniable magic can happen when you talk to someone as opposed to firing off a text. You can go on tangents, remind yourself that you're not alone, feel and send love. It's the best!

For more, follow **@dopequeenpheebs** and **@tinyrepbooks**.

Spending time with people I care about makes life easier and more enjoyable.

BERTRAM KNIGHT

HOW WE DO IT

Find emotional and spiritual endurance

It all starts with connecting to yourself, according to talk show host and *Queer Eye* star **Karamo Brown**.

You can't love somebody unless you love yourself. Too many of us don't realize that the relationships we have with others are directly based on the relationship we have with ourselves. So when you have people in your life who you feel take advantage of you, don't ask you enough questions, don't appreciate you, it's less about others and more about your self-esteem, how much you value yourself, and what you're willing to accept.

To have those deeper connections, you have to start by asking yourself, "What do I deserve?" That's a question that most people don't ask themselves, because they're afraid of the answer or they simply don't know. I start off every relationship asking, "What do I deserve in this relationship?" I deserve someone who is going to listen to me, who is going to appreciate me, who is going to take care of me.

The connection in a relationship comes from us being there for each other, loving each other, and assisting each other. If you don't know — and can't communicate — what you need and deserve, how can the other person know what you need and deserve?

Make Time for Me Time

Sometimes we forget that the same way we plan out our day, plan out our work schedule, plan out our kid's schedule, we have to plan time to cultivate our own emotional and mental well-being. And when I say plan, I mean write it down — think about where in your day time for yourself fits and schedule it. The same way you would say to yourself, "I need to be at the school to pick up my kids at 3," you need to say, "Between 1 and 2, I am doing this for myself." This is such a big thing, and a lot of people don't do it.

Stick to Your Boundaries

Let people in your life know that you're doing what you have to do to make sure you're doing well. Be OK with setting boundaries and don't let anyone compromise those boundaries — not your mom, your kids, or anyone else.

Know What You Want — and Ask for It

Look at your life with a critical eye and be honest about the things you don't have that you feel you deserve. Once you get clear about the things you need and deserve, write them down. That way, they become easier to communicate.

For instance, when my kids were still younger and living in the house, I knew I wasn't getting enough time for me to just watch TV, which is something I love. And I knew that I deserve a moment of watching TV. I knew that I also deserved a moment of pampering, which I wasn't getting. I knew that I deserved someone who was going to ask me about my day, someone who was going to listen empathetically to me. I

COURTESY OF KARAMO BROWN

Think about where in your day time for yourself fits and schedule it.

knew that I deserved somebody who was going to be excited about the things I am going through.

It might sound like, "Oh sure. Everyone should know that." But I wasn't practicing communicating to people that this is what I deserve and this is what I need. Once I wrote it down and was clear about those things, it was easier for me to articulate. I could literally pull out the piece of paper and say, "This might sound weird to you, but I love connecting with you, and these are the things I am hoping I can get from our relationship."

We often have this negative view of transactions in relationships; we feel like relationships shouldn't be transactional. But an emotional exchange is more than OK.

For more, go to **karamoshow.com** and follow **@karamo**.

HOW WE DO IT

Make a home sweet home

Interior designers **Nate Berkus** and **Jeremiah Brent** share how they set a positive tone.

Jeremiah: One of the things people always ask us is "How do you keep such a happy home?" I like to believe it comes from the way we set the energy of the house every morning. I wake up early, light candles, and turn on music so the kids can wake up and walk upstairs into a positive environment. The music and lighting change in the afternoon and again in the evening, setting a new pace and tone. The house is always vibrating.

Nate: My job is to make sure we don't have fires, so I walk behind him and blow out the candles. I'm not allowed to touch any buttons in our home or car, so I couldn't change the playlist even if I wanted to. I do notice that, when Jeremiah's out of town, the energy of the house is completely different — all the little gestures he does at different points in the day really do create a mood and an environment where the two of us and the children feel comfortable. It feels familiar, it feels elevated even though it's all very simple, and it feels like home.

For more, follow **@nateberkus** and **@jeremiahbrent**.

ASHLEY BURNS

HOW WE DO IT

Keep growing

CBS Morning's **Gayle King** has a few ideas about being the best you.

As I sit here today, people on the outside looking in might see me and say, "Oh, you're so successful. You've done so much." And though that may be true, my thing is that there's always something new to learn and there are always new ways to be better.

Stay Curious

I was a very curious kid, even when I was in elementary school. That hasn't changed. Just the other day, on our regular *CBS Morning* work call to go over the show, we welcomed a new member to the team. While they were introducing themselves, they said, "I am so sorry; I am just really tired today. I was up at midnight." My natural reaction was to say, "What were you doing up at midnight?" Two seconds later, I received a text from a colleague that read, "Only you would ask that question." But how could I not? I didn't think it was out of line. When someone says something out of the ordinary, it seems natural to ask more and learn something new.

Chin Up

I've always said failure is a great teacher. Most people wallow when they fail. I look at it like a lesson. Sometimes failure is a wake-up call, a message to move in another direction. It can say, "This isn't for you. You could be doing better." I ask myself, "What is this here to teach me? What can I learn from this?" When one door closes, another opens. I've found that to be true. Kendra Scott told me, "No is on spelled backward, so when you get a no, that means, game on."

No Whining

Whenever someone says, "It just can't get any worse," I say, "Watch out!" Because you will be shown how much worse it can get. One day, while I was talking with Maya Angelou — and when you talk with her you better have a notepad and pen with you because she is pure wisdom — I was complaining. And she said, "Just say thank you." And I, a bit taken aback, replied, "But I haven't even told you what I was talking about." Her response was, "Whining is so unbecoming, Gayle. It lets them know there's a victim in the room, and you are not a victim." Be solutions oriented. When things don't go to plan, ask how you can fix it.

Sometimes failure is a wake-up call to move in another direction.

For more, follow **@gayleking**.

DENNIS GOCER / THE COLLECTIVE YOU

HOW WE DO IT

Find our inner child

Wild Things World founder **Piera Gelardi** shows us how to loosen up and have fun.

By **TIFFANY J. DAVIS**

Photograph by **CHRISTINE HAN**

A funny thing happened to Piera Gelardi while rising through a career as an entrepreneur, creative director, and co-founder of media platform Refinery29: She made play her superpower. And with her just-launched venture, Wild Things World, she's on a mission to entice the rest of us into doing it, too.

"I want to create community experiences and products that fuel cathartic, creative play," says Gelardi, whose live-streamed Play Breaks feature everything from dance and doodling tutorials to crowd-sourced word games with evocative prompts like "travel agency," "pizza parlor," and "discotheque."

The benefit of getting wild and weird with Gelardi and co.? Feeling more energized. "Play cracks us open to ourselves and to others," says Gelardi, who cites addressing the national loneliness epidemic as another source of inspiration for Wild Things World. "It requires us to be vulnerable and, in doing so, allows us to create real, live connections."

PIERA'S TIPS TO BRING PLAY TO YOUR EVERY DAY

Get Silly, Seriously

"Play is productive, but we don't see it that way," says Gelardi. "There have been times in my career when I felt like a kid at the adults' table because I was working around people who were far less playful than I was. I *wanted* to be taken seriously, but when I tried to fit in, I lost my spark and my inspiration."

SOKO
I Love you
UCCI

Dance Like Nobody's Watching
"Play can be a tool for processing emotions," says Gelardi. "My friend Debbie started this [virtual dance class] thing called Dancorcism in the midst of the pandemic, and I signed up [to teach] to help [myself] bridge a 15-year career and a then-unknown future. I loved it so much — sometimes I had attendees joining one another in class from across oceans. I saw what that did for their mental health and their sense of creativity, freedom, and connection, and ended up teaching three times a week for nine months." funhealseverything.com

Think Outside the Lines
"Play is the antithesis of perfectionism," says Gelardi, noting that some of her best creative breakthroughs happened after deciding *not* to do what everyone else was doing creatively. "When you let go of control and the outcome of having fun, that's where the real fun happens."

Go All In
Fallen off the inspiration wagon? Never on it to start with? Gelardi's got you. "Ever notice how things that feel deeply uncomfortable, vulnerable, and scary can be exhilarating once you give them a try? That's what it feels like getting creatively unstuck," says Gelardi. "Play is our first language as kids, but along the way we tend to forget and devalue it. We assign worth to the outcome when joy and wonder are the only outcomes that matter. So go ahead and be not good at something fun!"

For more, follow **@wild_things_world**.

HOW WE DO IT

Take grandma's advice

TikTok granfluencer **Babs Costello** says clean your room. It's good for you.

Tidy Up in Two

Taking care of your bedroom is kind of like taking care of your emotional self. You don't want to walk into your bedroom at the end of a busy day and find it in disarray. Each morning before you head out, set a one-minute timer and quickly pick up anything off the floor and straighten up the dresser and bedside table. Then take a minute to make your bed. This way, when you're ready to rest, your room will be a welcome respite for just that.

Declutter Your Closet

Spring is when many of us swap out coats and sweaters for breezier outfits. Before making that swap, look through your winter clothes and determine what you wore and what you didn't touch — for those items, it's probably been two years in a row. Decide what you're going to **keep**, because you do enjoy wearing it; **donate or give away**, because you haven't touched it in two years; or **throw away**, because it's damaged, it's faded, or just doesn't look great.

Refresh Your Mattress

For a longer mattress life and a more comfortable sleep, rotate your mattress at least seasonally. Strip the bed and simply turn the mattress so the part of the mattress at the foot of the bed goes to the head. It's a two-person job, so pull in a partner or friend. Once that's done, vacuum the mattress. This will help get rid of all the microscopic things hidden there. Make a freshening spray with ¼ cup of witch hazel, ¼ cup of water, and 16 drops of essential oils (eucalyptus, peppermint, lavender). Mist the mattress lightly and let it dry before making the bed with fresh sheets.

Whiten Your Linens

White sheets and towels can grow dingy over time. To make them look new again, pour ¼ cup of baking soda into the washing machine right over your towels and sheets. Then put ¼ cup of white vinegar into the soap dispenser. Run the machine on the hottest setting to bring everything back to a brilliant white.

Start in a Good Place

Set your alarm so that you wake up before everybody else in your house. Take 15 minutes or a half hour to be with yourself and get your thoughts together while everyone else is still asleep. Giving yourself some time to prepare for the day ahead in a peaceful way helps you weather whatever chaos may come.

For more, follow **@brunchwithbabs**.

RIKKI SNYDER

HOW WE DO IT

Put the care in skin care

S'Able founder **Sabrina Dhorwe Elba**'s shower-powered mini facial changes everything.

Can a busy schedule and at-home spa time co-exist? Yes, according to Sabrina Dhowre Elba, who co-founded S'Able skin care with her husband, actor Idris Elba, but it might mean multitasking. "He loves to be pampered, so I'm happy to indulge him, especially when we're researching a new product," she says. "Giving him a facial and talking through ingredients and their effects is now one of my favorite things to do."

Here, she shares her anytime facial routine, in which deep exfoliation and intense moisture are the goals.

I give myself a facial at home whenever I need to indulge and spoil myself.

For more, go to **sablelabs.co** and follow **@sabrinaelba**.

STEP 1

I give myself a facial at home whenever I need to indulge and spoil myself, and I always start my facials in the shower. The **S'Able Labs Qasil Cleanser** ($30, sablelabs.co) I developed alongside my husband is key. The powerful qasil, calming vitamin E, and moisturizing rice protein leave your skin feeling soft long after the cleanser has washed away.

STEP 2

I then get into an exfoliator. The **Tatcha Rice Polish** ($68, tatcha.com) really does the trick for me without any harsh, physical-exfoliator feeling.

STEP 3

I love the feeling of cleansing my face and body and then pampering myself while I'm wrapped in a hair towel and a robe. After the shower, applying our **S'Able Labs Black Seed Toner** ($37, sablelabs.co) is the first thing I do. The anti-inflammatory ingredients and ferulic acid make it a powerful step.

STEP 4

Mask! Mask! Mask! I love trying new masks and generally go for those that brighten my skin. I love our new **Qasil Exfoliating Mask** ($45, sablelabs.co) as well as **Drunk Elephant's Babyfacial** ($80, ulta.com).

STEP 5

I take my mask off with a **Face Halo** ($22, facehalo.com) — it always does the trick — and then I follow with a serum. My favorites are **Biologique Recherche's Serum Colostrum** VG ($76, shoprescuespa.com), **Charlotte Tilbury's Glow Serum** ($80, charlottetilbury.com), and **Merit's Great Skin Serum** ($38, meritbeauty.com).

COURTESY OF SABRINA DHORWE ELBA

In my experience, soul mates are not born — they're made.

Photograph by
DARRELL JACKSON

HOW WE DO IT

Write your love story

Relationship coach **Damona Hoffman** gives guidance on how to cultivate a soul mate.

My husband and I just celebrated our 15th wedding anniversary; people always ask if I knew he was my soul mate. This question makes me giggle. Approximately 70% of Americans believe in soul mates, the concept that there is one person out there who is perfectly matched with you, and you're on a lifelong quest to find your predestined other half.

As a dating and relationship coach, I'm a lover of stories and a student of rom-coms. It's my job to help people get to their happily ever after. The more we repeat stories, the more we believe them to be true. Yet sometimes our attachment to stories keeps us from reaching our full relationship potential.

The soul mate story comes from ancient Greek philosophy, so it's definitely due for an update. In my coaching practice, I see that the idea of soul mates, while romantic, actually keeps those who are single from choosing their person and those in relationships from appreciating what's right in front of them. In my experience, soul mates are not born — they're made. My husband has grown to be my soul mate, but if I'd been looking for perfect alignment at the start, we may not have the wonderful relationship we've built together over time.

Rather than a perfection-driven, fixed mindset, adopt a growth mindset in love. A growth mindset is the belief that you're ever-changing and learning. With each experience or challenge, you're becoming a better version of yourself.

A growth mindset in love means that you and your partner are always evolving, both as a couple and individually. Your relationship can be a mirror to show you who you truly are: It reveals your strengths and exposes your weaknesses; it can help you learn how to communicate better and show up as your most authentic self.

The next time you're questioning your soul mate story, try a journaling exercise. This practice is as old as the original soul mate story, and those same philosophers journaled and reviewed their days every evening before tucking into bed.

Alternatively, you could start with a simple gratitude journal. Taking stock of the things that make your life full and amplify your joy is an excellent way to look at your dating life or relationship from a place of abundance rather than focusing on what isn't perfect.

Whether you've been together for a few months or 15 years like my husband and I, if you have a growth mindset in love, there will always be new discoveries to make and new stories to be written.

For more, listen to the Dates & Mates podcast (**datesandmates.com**) and follow **@damonahoffman**.

HOW WE DO IT

Travel with ease

Fathom co-founder and travel expert (and *Drew* contributing travel editor!) **Jeralyn Gerba** knows the secret for happier trails.

Photograph by
ARIA ISADORA

Pack Smarter

When traveling with a partner or group, share your tech and your toiletries. If you're not doubling up on chargers and shampoo, you'll have extra space in your suitcase *and* make the airport check-in experience a little easier.

Get Involved

The more planners, the more people invested in the trip being a success. Even the littlest travelers can contribute ideas for activities, excursions, or ways to spend downtime together. If one person does end up doing the bulk of the prep work, show your gratitude with a special toast at dinner — and maybe a hotel spa treatment.

Dream It, Do It

If there aren't any trips in your future, but you'd like there to be — make a five-year family vacay plan. Brainstorm destinations and types of trips; earmark some dates and start putting aside money so you can make these dreams come true.

Talk to Strangers

Surely they will tell you something your guidebook won't.

Go Solo

Despite the label, traveling solo doesn't have to mean being alone all the time. Sign up for walking tours, dance classes, and cooking workshops, and buy tickets to see live music — all great opportunities to feel like you're part of a group and maybe make a new pal.

Slow Down

Spend more time in one place and plan a little less so you can pay attention to details and be open to accidental discoveries.

Get Thematic

Build your trip around an idea. Sign up for a surf camp, book an oil painting retreat, cycle the countryside, or embark on a walking trip (where you spend the bulk of your time strolling in nature).

Cruise Right Along

The era of the river boat is here. Small ships, yachts, and sailboats have fewer passengers and smaller environmental footprints, and they can drop into more ports than the big ships that have to spend days at sea.

For more, go to **fathomaway.com** and follow **@fathomwaytogo.**

HOW
WE DO
IT

Sleep better, naturally

Naturally editor-in-chief **Danny Seo** preps you for the sweetest dreams.

Go with natural fibers, like organic cotton, linen, and hemp.

SEO: DAVID ENGELHARDT; BED: JONAS JUNGBLUT

We spend nearly one-third of our lives in bed, so make that time as healthy as you can.

If possible, invest in a mattress made of natural materials. I look for hero ingredients such as natural latex, organic cotton, and wool. At the end of the day, comfort and what works for you is most important. Since it's nearly impossible to recycle a mattress, get something you love that will last a long time.

Avoid so-called wrinkle-free sheets; they are often treated with carcinogenic formaldehyde resin. Go with natural fibers like organic cotton, linen, and hemp; use wool dryer balls to fluff them in the dryer to help eliminate wrinkles.

I like to wrap my pillows with three pillowcases. Pillowcases get dirty the quickest, so it's nice to peel off the top layer every few days to reveal a fresh case. Then, a few days after the last layer, I wash the cases and sheets.

Finally, never throw your suitcase on your bed when unpacking after a trip. It's the quickest way to transfer dirt, bacteria, and — worse! — bed bugs from your travels to your bed.

For more, go to **naturallydannyseo.com** and follow **@dannyseomag**.

HOW WE DO IT

Get back up again

Winery co-owner, restaurateur, designer, and equestrian show jumper **Joey Wölffer** knows a thing or two about resilience.

COURTESY OF WÖLFFER ESTATE VINEYARD

When I was 19, my horse Claletto bucked me off in between the first round and the jump-off round at a competition. There are 45 seconds between rounds, and I was able to get back on with just enough time to get to the first jump.

I ended up winning the class.

That was the first time I truly saw my strength and resilience in action. I remember my mother saying she would never again worry about me in life.

Being an entrepreneur and a female in a leadership role are no easy, fluid tasks. I am constantly thrown obstacles that make me feel like I want to quit, but my life and career in the big picture are amazing. So in those moments, I have to dig deep down to that moment when I was on the dirt and remember what it takes to get back up and thrive.

Business is more than talent, great ideas, and experience. It takes grit to remain confident in your pursuit of success across the board. I also think that with every challenge comes an opportunity, and as I progress as a business woman, I am more comfortable with the obstacles that come my way.

For more, go to **wolffer.com** and **shopjoeywolffer.com**, and follow **@joeywolffer**.

SHARON SUH

HOW WE DO IT

Live more sustainably

An advocate for the environment and an executive producer on the short documentary *Straws*, **Andrea Arria-Devoe** says even just talking about the climate is a great first step.

You don't need special skills or talents to be an everyday environmentalist. If you love clean air, water, and food, you're on the team.

Some argue that stressing over your personal carbon footprint (the amount of carbon dioxide released into the atmosphere as a result of your lifestyle) is a waste of energy, since 100 companies are responsible for 71% of global emissions. But that doesn't mean we should sit this one out.

Collective lifestyle changes are essential to creating a cultural shift toward climate stewardship. Not everyone can live off the grid or go zero waste, but everyone can do something.

Here are four easy ways to take climate action.

For more, go to **climatemuseum.org.**

1 Talk About It

Most people in the United States are worried about the climate crisis but avoid the topic because it feels too doom and gloom. That leads to resignation and inaction. Start a positive conversation with your friends, family, school, book club, nail salon. Can you come up with goals for your community, like joining a march or organizing?

2 Be a Conscious Consumer

If possible, eat more plants, compost, ditch single-use plastic, switch to solar, ride a bike or walk to work, shop secondhand. Tell folks why you're making these choices.

3 Get Outside

The more we hang out in green spaces, the more connected we will feel with nature and motivated to advocate for it. It's also great for your mental health.

4 Vote

Let your elected officials know climate matters to you. Starting at the local level has a domino effect and leads to global change.

All in a day's work

Come along with me from
morning to night to see
how I really do it.

By

DREW BARRYMORE

Photographs by

ASH BEAN

**You never know where
the day is going to take you.
That's my motto.**

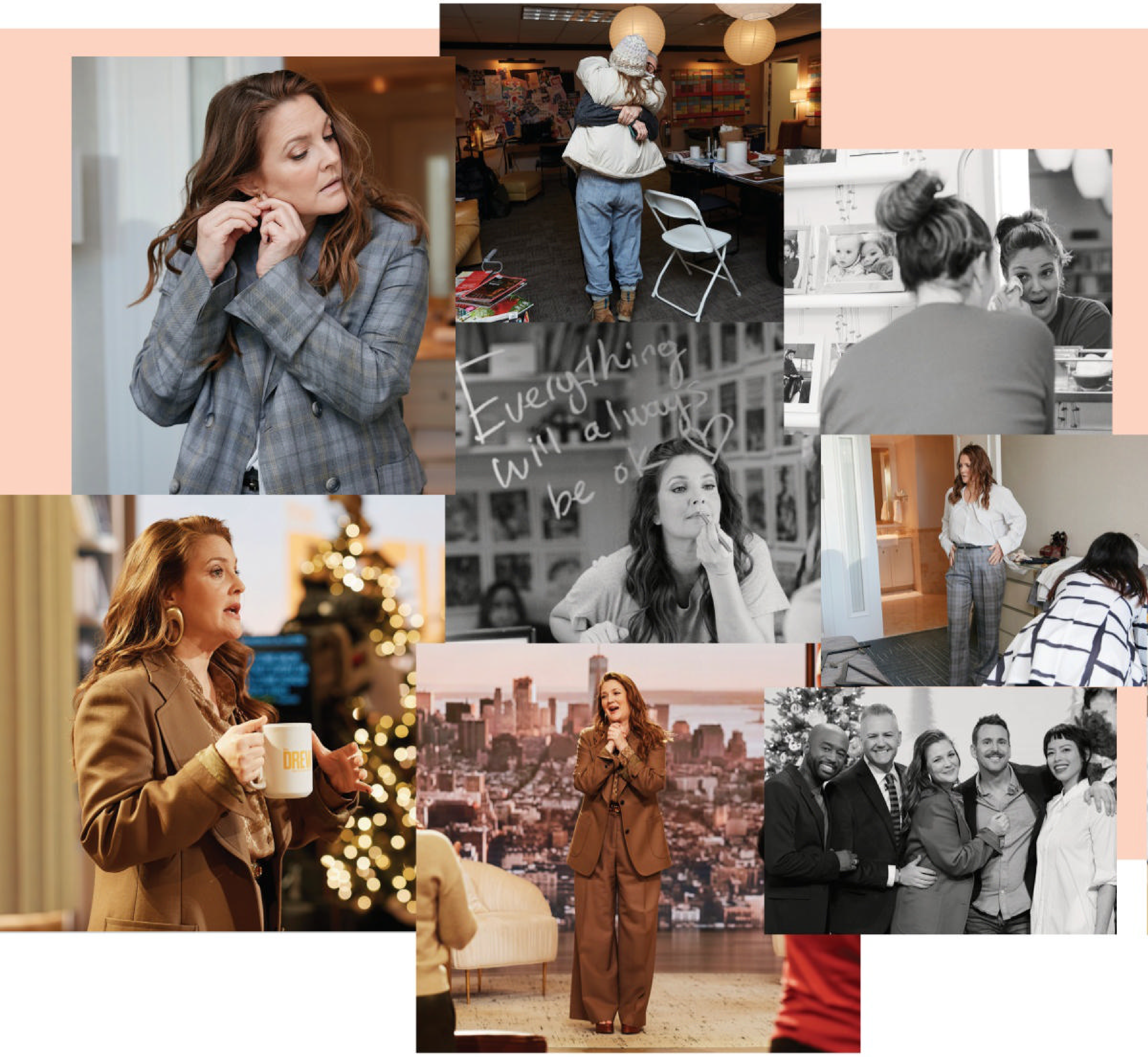
Morning

I set my alarm for 6:15 a.m. but always hit the snooze button. When I do get out of bed, I wake up my kids to get dressed, have breakfast, and get on the bus. Then I start my workday.

Before I head to the studio, I squeeze in a breakfast meeting with Chris Miller to discuss an upcoming Flower Films project. He and I have worked together for almost 30 years. Now he's the head showrunner of *The Tonight Show Starring Jimmy Fallon*.

I run to my closet to my old chest of drawers full of vintage T-shirts and sweatpants and throw something on. My stylist, Lee Harris, thinks I dress like a wreck. Then into the coat closet I go to get my JanSport backpack, crocheted hat, and Free People puffer. I also throw on a scarf my kids' Grammy Coco gave me.

I ride to work with Ronnie of "Ronnie's Review," Drewber driver and my mobile roomie.


Everything will always be ok
DREW

Workday

I walk in and immediately hug head producer Jason Kurtz. We built *The Drew Barrymore Show* together, and he is a dream partner.

We all gather in hair and makeup to go over "Drew's News" and other segments for the upcoming show. We do that for about two hours.

I get put through the works of hair, makeup and wardrobe with Mr. Daniel Howell, Lauren Gulino, and Lee Harris — finally he approves. By the time I hit the stage, I feel as transformed as Dorothy in *The Wizard of Oz.*

We film two shows daily: the first starting at 11 a.m. and the second starting at 3 p.m. There's a two-hour break in between when we have lunch and do prep work.

Here's the Drew Crew: my co-anchor, Ross Mathews; my culinary partner in crime, Pilar Valdes; our fabulous designer and resident smart aleck, Mikel Welch; and master of all things floral, Christopher Freimuth.

End of the Day

At 5 p.m., I shift my focus to the magazine and brands. Crystal Meers, my partner in magazine, brands, and creative endeavors, first focuses on working through the next issue of *Drew* magazine. We go through cover choices and story layouts, putting the whole thing up on the wall to see how the issue is coming together.

I take a break, shove food in my face, and then do exactly what you're not supposed to do by lying down afterward.

Time for the Beautiful brand. Wilfredo Perdomo, vice president of brands, has set up new products for review. Today, we focus on choosing a signature color for packaging across all categories. We've landed on the prettiest terra cotta. It has an earthy feel while still being very bright, and it really inspires me.

Next, Wilfredo and I work on Flower Eyewear, which I wear all day, including on the show — three pairs, at least. We have many different styles, and I love to switch them in and out.

DREW
Ticketed Waiting Room
peacock

Traveling to Washington, D.C.

It’s 6:30 p.m. or 7 p.m. Who knows? It’s already been a long day.

I take huge stacks of the holiday issue of *Drew* and hand them to travelers at Penn Station. I spend about 30 minutes offering copies to people and engaging with them. It’s really joyful! And, yes, there are commuters who walk by me and reply “never” when I ask, “Would you like a magazine?”

Some of the team from the show get on an Amtrak train. It’s a very pared-down group traveling to Washington, D.C., to interview Dr. Jill Biden and President Joe Biden.

I stuff my face once again.

When I wake up in the morning, I have two hours of phone interviews and continue to make research notes in my Pee-Chee folder for my interview with the Bidens.

The White House

I walk through the White House and admire the Christmas decorations Dr. Biden has thoughtfully curated.

As the first lady is giving me a tour, I take time to discuss literature with her (she's a literary scholar). I want to impress her with all the books I've read! We discuss favorite authors to break the ice. We then join President Biden, who catches me doing a breath check. I start laughing.

I focus my conversation with the president and first lady on their love story. The room is so warm, and I feel so privileged to have this job in my life right now.

I'm soaring with gratitude all the way back to the Amtrak train, and I make my way back to Manhattan. When I walk into my home, I collapse from exhaustion.

I cry when I tell my girls I got to interview President Biden and First Lady Jill Biden. I'd been keeping it to myself in case it didn't happen.

Then we all go to sleep — and wake up to do it all over again the next day. #snooze

How I DREW it

Six things I've learned that help me keep a calm mind and a happy heart.

By

DREW BARRYMORE

Photographs by

GRAYDON HERRIOTT

LEMON CURD
TIPTREE
ENGLAND

I've loved my ever-changing life. It's made me adaptable and self-generating. But these days, my work and the kids' schedules can be so tight, so relentless, and so routine. Sometimes I struggle with just how routine it is, and I miss the unpredictability of my past. It makes sense given how I grew up and how we rolled for so many years. Do I want to go back to that? No. But do I crave pops of spontaneity? Yes. To live a life of both structure and fun, I've developed six habits that simultaneously anchor me and set me free.

This is how I do it.

No.

1

Put things back in the same place.

I can't tell you how effective this detail is. It's a little thing, but it's had a profound effect. I spent most of my years running around day and night asking, "Where's this? Where's that?" and then saying, "Oh, God! I'm late!" (Does that sound familiar?) But then I implemented this rule of putting things back in the same place after each use and — voila! — not so much. It doesn't work 100%, because nothing is perfect, but it does help me fall into that covetable 80/20 balanced lifestyle.

No.

2

Keep surfaces uncluttered.

Since I began keeping my bathroom vanity neater, my desk cleaner, and my kitchen counters looking stellar, I've gained an indescribable peace. I can take on more in life, because everything around me feels less daunting and sparks more joy. Even just straightening up a bookshelf seems to help calm my mind. I didn't realize how much visual clutter was taxing my nervous system. Clearing the clutter may take a little editing, a little discipline, and a little upkeep, but the benefits are worth it.

No.

3

Be a bank.

The terms self-care and self-love have never inspired me. But when I picture myself as a bank with no funds, I start to see why I should make an investment in myself. It starts to come into focus: Who wants to go to a bank that has nothing to offer? I'm such a put-everyone-else-first kind of person, and, for the most part, that makes me very happy. When others are settled, I am settled. But I've finally realized it makes sense to invest in myself. I am my own little bank, and I need to fill up so I have much more to give.

> **Having a reward makes the hard parts in life more doable.**

B
LEMON CURD
TIPTREE
ENGLAND

No. 4

Meditate in the dark.

I'm not consistent with my workouts or healthy eating habits, but I'm consistent about therapy and meditation. When I haven't scraped the barnacles from my mind, I begin to carry around a lot of extra weight, metaphorically speaking. Therapy has had a huge impact in that sense, and clearing my mind has taken priority. When I meditate, I like to go into a closet about 3 feet wide. There, I have taped to the wall little notes I've written in therapy, so the groundwork I'm doing stays around me visually. These notes are cues that help me maintain the work. Oddly enough, being in a dark room helps me see the light. When I've meditated, I concentrate better, move through the world more easily, and eat more thoughtfully. Which brings me to my next point ...

No. 5

Make the healthy choice most of the time.

I can't stand eating healthy for too long, so I seek a balance. I try to eat as many greens and proteins as I can, but they make me crave creamy carbs and pizza and sandwiches and lots of dairy — all things that are tougher on the gut. I know, though, if I pack in the veggies and other healthy foods, I feel a little less guilty when I indulge — and believe me, I do indulge.

No. 6

Plan things out.

I'm all for being really good on your own. I like being alone, and I don't feel lonely ever. However, plans give me so much to look forward to. Plans give me an incentive to survive my busy life, get through the school year, and manage my workload effectively. I can work weekends and I can burn the midnight oil, as long as I have something on the horizon I am truly anticipating with joy. A couple of weekends a year, I invest in travel. I take time to break my routine and enjoy the people I love, or maybe I schedule a little alone time. Your plan can be anything you really want to do. Just carve out the time and book it! Having a reward — whatever that looks like for you — makes the hard parts in life more doable. Plus, the memories that result from well-laid plans are irreplaceable. ♥

With a cherry on top

Jocelyn Delk Adams shares four recipes from her new cookbook, *Everyday Grand: Soulful Recipes for Celebrating Life's Big and Small Moments.*

When you grow up celebrating your grandmother's two birthdays — one for the date on her birth certificate and another for the date she felt it should be — making special occasions out of typically mundane matters comes naturally. "Take stock of your everyday accomplishments," says cookbook author, TV personality, and food blogger behind Grandbaby Cakes Jocelyn Delk Adams. "They matter. You matter."

To help you do just that, Adams has packed her exuberant new cookbook, *Everyday Grand*, with easy but excellent recipes you can make anytime a moment begs to be turned into a special occasion. Here, she shares food for fêting a movie night, fitness goals, peak produce season, and the ones you love most.

GRAND ADVENTURE

Twelve years ago, Jocelyn Delk Adams was baking cakes in her small Chicago apartment and selling them for extra money. Now she's loved by foodies everywhere.

Black-eyed pea power bowls

"Each week since what I call my *Rocky* moment, I've run three times, rain or shine. After an intense workout, you need a nutrient-dense meal, and these power bowls are ideal not only for fueling your body but also for celebrating your own *Rocky* moment."

SERVES 4

SWEET POTATOES

1	Large sweet potato, peeled and cubed (about 1 pound)
1	Tablespoon extra-virgin olive oil
¾	Teaspoon kosher salt
½	Teaspoon ground cumin
½	Teaspoon smoked paprika
⅛	Teaspoon cayenne pepper

BLACK-EYED PEAS

1	15-ounce can black-eyed peas, drained and rinsed
¼	Cup chicken stock, vegetable stock, or water
2	Garlic cloves, minced or finely grated
2	Teaspoons fresh lime juice
1	Canned chipotle pepper in adobo sauce, finely chopped
1	Teaspoon ground cumin
½	Teaspoon kosher salt

CURRIED GREEN GODDESS DRESSING

1	Cup plain full-fat Greek yogurt or vegan Greek yogurt
⅓	Cup loosely packed fresh cilantro
⅓	Cup loosely packed fresh basil
⅓	Cup loosely packed fresh flat-leaf parsley
2	Cloves garlic, peeled
1	Tablespoon fresh lime juice
2	Teaspoons curry powder
¾	Teaspoon

Kosher salt, to taste

⅛	Teaspoon cayenne pepper

TO SERVE

Cooked grain of your choice, such as brown rice, quinoa, farro, or cauliflower rice

Pickled onion or sliced red onion

2 Ripe avocados, halved, pitted, and sliced

Fresh cilantro leaves

ROAST THE SWEET POTATO

- Position a rack in the middle of the oven and preheat to 400 F.
- In a medium bowl, toss together the sweet potato, olive oil, salt, cumin, paprika, and cayenne. Transfer to a large, rimmed baking sheet and roast for 20 minutes. Toss, then roast for another 20 minutes, or until the potato is nicely browned and tender.

MAKE THE PEAS

- While the sweet potato is roasting, in a small pot, combine the black-eyed peas, stock, garlic, lime juice, chipotle, cumin, and salt; bring to a boil over medium heat. Reduce the heat to low and simmer until the flavors have melded, about 5 minutes. Remove from the heat, cover, and set aside.

MAKE THE DRESSING

- In a blender, combine the yogurt, cilantro, basil, parsley, garlic, lime juice, curry powder, salt, and cayenne; blend until smooth. Transfer to a 12-ounce jar and slide to the side

ASSEMBLE THE BOWLS

- Divide the grain of your choice, peas, and sweet potato among four bowls. Top with pickled onion, avocado, and a drizzle of the dressing. Garnish with cilantro and serve. Refrigerate leftovers in an airtight container for up to 7 days.

Maple-brown butter pancetta popcorn

“When I met my husband, Fred, I realized he has this insane passion for movies like I do. We’d go to independent movie screenings and be two of six people total in the theater, and we loved it. After our daughter, Harmony, came along, we wanted to re-create the magic of going to the movies in the comfort of our living room. It’s hard to beat this popcorn, a good movie, and the chill vibes of home.”

MAKES ABOUT 8 CUPS

8 Slices pancetta or bacon, or 1 4-ounce package diced pancetta

½ Cup (1 stick) salted butter

⅓ Cup maple syrup

½ Teaspoon kosher salt, plus more to taste

8 Cups popped popcorn (from about ⅓ cup unpopped kernels)

- Position a rack in the middle of the oven and preheat to 450 F. Set a wire rack over a large rimmed baking sheet. Place the pancetta slices on the rack and bake for 15–20 minutes, until the pancetta is crispy and golden brown. Let the pancetta cool completely on the rack, then finely chop it and set aside; reserve the drippings on the baking sheet. (If using packaged pancetta, brown in a small pan over medium heat, about 15 minutes.)
- In a medium saucepan, melt the butter over medium heat, then cook until the solids brown and the butter smells nutty, about 6 minutes. Reduce the heat to low and whisk in the maple syrup, half the drippings, half the pancetta, and the salt until combined. (Reserve the rest of the pancetta fat for another use.)
- In a large bowl, pour the butter syrup over the popcorn and gently mix to evenly coat. Top with the remaining pancetta and serve.

Crispy AF air fryer green tomatoes

"Since green tomatoes have such a brief season, I like to celebrate them as much as I can and fry them while the getting's good. To me, they are a reminder to treasure those quickly passing moments in life and truly make the most of every second."

SERVES 4

FRIED GREEN TOMATOES

6 Tablespoons plain bread crumbs

½ Cup + 2 tablespoons all-purpose flour, divided

2 Tablespoons yellow cornmeal

1 Teaspoon seasoned salt, such as Lawry's

½ Teaspoon smoked paprika

¼ Teaspoon cayenne pepper

½ Teaspoon lemon pepper, or ¼ teaspoon freshly ground black pepper + ¼ teaspoon finely grated lemon zest

½ Teaspoon garlic powder

½ Teaspoon onion powder

⅛ Teaspoon mustard powder

2 Large eggs

2 Teaspoons hot sauce

2 Green tomatoes, sliced ¼ inch thick, ends reserved, thoroughly dried with paper towels

Kosher salt and freshly ground black pepper

Nonstick cooking spray

2 Tablespoons chopped fresh flat-leaf parsley, for serving

Lemon wedges, for serving

REMOULADE

½ Cup mayonnaise

1 Tablespoon dill pickle relish, or 1 tablespoon caper brine

1½ Teaspoons fresh lemon juice

1½ Teaspoons hot sauce

1 Teaspoon capers, drained and coarsely chopped

Generous ½ teaspoon smoked paprika

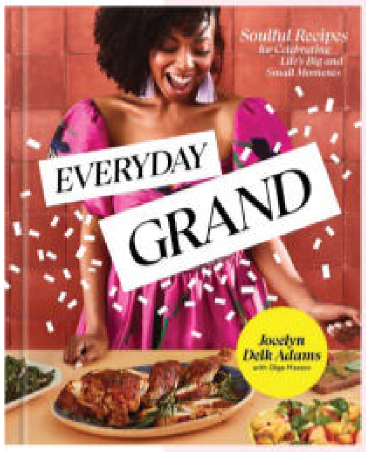
½ Teaspoon Creole mustard or yellow mustard

½ Teaspoon Worcestershire sauce

¼ Teaspoon onion powder

1 Clove garlic, minced or finely grated

For more, follow **@grandbabycakes** or go to **grandbaby-cakes.com**.


Soulful Recipes for Celebrating Life's Big and Small Moments
EVERYDAY
GRAND
Jocelyn Delk Adams
with Olga Massov

EVERYDAY GRAND
($30) is available at *bookshop.org*.

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PREPARE THE TOMATOES

- Line a large rimmed baking sheet with parchment paper.
- In a brown paper bag, large zip-top bag, or shallow bowl, combine the bread crumbs, 2 tablespoons of the flour, cornmeal, seasoned salt, paprika, cayenne, lemon pepper, garlic powder, onion powder, and mustard powder; shake until well combined. Transfer the mixture to a shallow plate.
- Put the remaining ½ cup flour in a separate shallow bowl. In a deep pie dish or large shallow bowl, whisk together the eggs and hot sauce and set aside. Sprinkle the tomato slices with salt and black pepper on both sides. Using a fork and working with one tomato slice at a time, dip each slice in the all-purpose flour, followed by the egg mixture, letting the excess drip back into the bowl.
- Finally, dip the coated tomato slice into the seasoned bread crumbs and transfer to the prepared baking sheet. (Using a fork for the coating process will ensure a neater result, as fingers and/or tongs tend to rub off the breading.) Repeat with the remaining tomato slices. Let the slices sit for about 10 minutes to allow the coating to really adhere.

MAKE THE REMOULADE

- In a medium bowl, whisk together the mayonnaise, relish, lemon juice, hot sauce, capers, paprika, mustard, Worcestershire, onion powder, and garlic until smooth.
- Cover and refrigerate until ready to serve.

AIR FRY THE TOMATOES

- Set an air fryer to 400 F. Lightly spray the basket of the fryer with cooking spray.
- Working in batches to avoid overcrowding, add the tomato slices to the basket and liberally spray the top of each slice with cooking spray.
- Air fry for 5–6 minutes, then remove the basket, gently flip the tomatoes, and spray with cooking spray. Air fry for another 5–6 minutes, depending on the thickness of slices, until golden brown on the outside but still juicy and tender on the inside. Transfer the tomatoes to a wire rack and let cool for 5 minutes. Repeat with the remaining tomato slices.
- When ready to serve, transfer the tomatoes to a serving plate, garnish with parsley, and serve with remoulade and lemon wedges on the side.

L'ECONOME
INOX FRANCE

PRO TIP

"I like to save my green tomato ends for salads — they add a delightfully tangy note. My daddy, on the other hand, likes to quick-pickle them. In a jar big enough to hold the tomato ends, combine apple cider vinegar or white wine vinegar, a little water, black pepper, salt, and brown sugar and swirl the jar to dissolve the salt. Add the tomato ends, screw on the lid, and refrigerate overnight. The next day, you'll have lightly pickled tomato slices to add to sandwiches or burgers."

Reasons to believe in

"A cause for celebration, to me, can be as small as a good hair day or as big as an actual holiday, or a tradition like my family's annual fish fry or Big Mama's two birthdays," Adams says. Here are 10 of the many, many inspiring reasons to be happy she shares in her book.

- Following your passion
- Falling in love
- Making it to Friday
- Treating yourself
- Being inspired by something new
- Feeling grateful
- Overcoming a fear
- Saying "yes" to a new opportunity
- Going solo
- Celebrating a first

Strawberry lemonade angel pie

"I decided to pay homage to this beautiful dessert with my own twist: I added finely ground freeze-dried strawberries to evoke that iconic summer thirst-quencher, strawberry lemonade."

MAKES A 9-INCH PIE

MERINGUE SHELL

Nonstick cooking spray

¾	Cup freeze-dried strawberries
4	Large egg whites, at room temperature
½	Teaspoon cream of tartar
1	Pinch fine sea salt
1	Cup granulated sugar

LEMON FILLING AND WHIPPED CREAM

4	Large egg yolks, at room temperature
1	14-ounce can sweetened condensed milk
2	Teaspoons finely grated lemon zest (from 1 lemon)
½	Cup fresh lemon juice (from 2 lemons)
1	Teaspoon vanilla extract
1	Cup cold heavy cream

MACERATED STRAWBERRIES AND TOPPINGS

1	Pound strawberries, hulled and sliced
¼	Cup granulated sugar
1	Small lemon, finely zested and juiced, plus more for garnish

MAKE THE MERINGUE SHELL

- Position a rack in the middle of the oven and preheat to 300 F. Spray a 9-inch pie plate with cooking spray.
- In a mini food processor, pulse the freeze-dried strawberries until ground to a fine dust. Pass the ground strawberries through a fine mesh sieve and discard the seeds; you should have about 3 tablespoons. Set aside.
- In the bowl of a stand mixer fitted with the whisk attachment or in a large bowl using a hand-held mixer, beat the egg whites on high speed until foamy, about 1 minute. Sprinkle in the cream of tartar and salt; beat until the whites hold soft peaks, about 2 minutes. Gradually add the sugar and beat until the meringue is glossy and stiff, about 2 minutes. Add the powdered strawberries and beat on high until fully incorporated and the meringue is pale pink.
- Transfer the meringue to the prepared pie plate and, using a small offset spatula, spread it over the bottom and up the sides of the plate to resemble a pie shell. Bake for about 50 minutes, until the meringue is baked through and lightly browned around the sides. Transfer the pie plate to a wire rack and let cool completely. Raise the oven temperature to 350 F. The meringue shell will look somewhat puffed up, as if it won't fit the filling, but it will deflate as it cools.

MAKE THE LEMON FILLING AND WHIPPED CREAM

- In a medium bowl, whisk together the egg yolks, sweetened condensed milk, and lemon zest. Gradually whisk in the lemon juice and vanilla until fully combined.
- Pour the filling into the cooled meringue shell and bake for 20 minutes, or until the filling is mostly set but still jiggles slightly if you shake the pie plate. Transfer to a wire rack and let cool completely.
- In a chilled large bowl, using a hand-held mixer, beat the heavy cream, starting on medium speed and increasing to high, until stiff peaks form, about 2 minutes.
- Top the pie with the whipped cream, making decorative swirls with an offset spatula. Transfer to the fridge and chill for at least 6 hours and up to overnight.

MACERATE THE STRAWBERRIES

- About 1 hour before serving, in a medium bowl, gently stir together the strawberries, sugar, and lemon zest (reserving some zest for garnish) and juice until combined. Cover and let sit at room temperature until ready to serve.
- Remove the pie from the refrigerator, slice, and serve with the macerated strawberries and extra lemon zest on top.

# beauty

#beautyjunkies

love is in the air

Forever favorites
and fresh beauty finds that
make our hearts skip a beat.

Photograph by
Landon McMahon

OLAY
REGENERIST
HYALURONIC +PEPTIDE 2
HYDRATING GEL
FRAGRANCE-FREE
NOURISHING
Body Lotion
OLAY
HYALURONIC ACID
B3
NOURISHING & HYDRATING
BODY LOTION
OLAY
HYALURONIC ACID
B3
CLEANSING &
NOURISHING
BODY WASH

95% OF WOMEN HAD VISIBLY-SMOOTHER SKIN

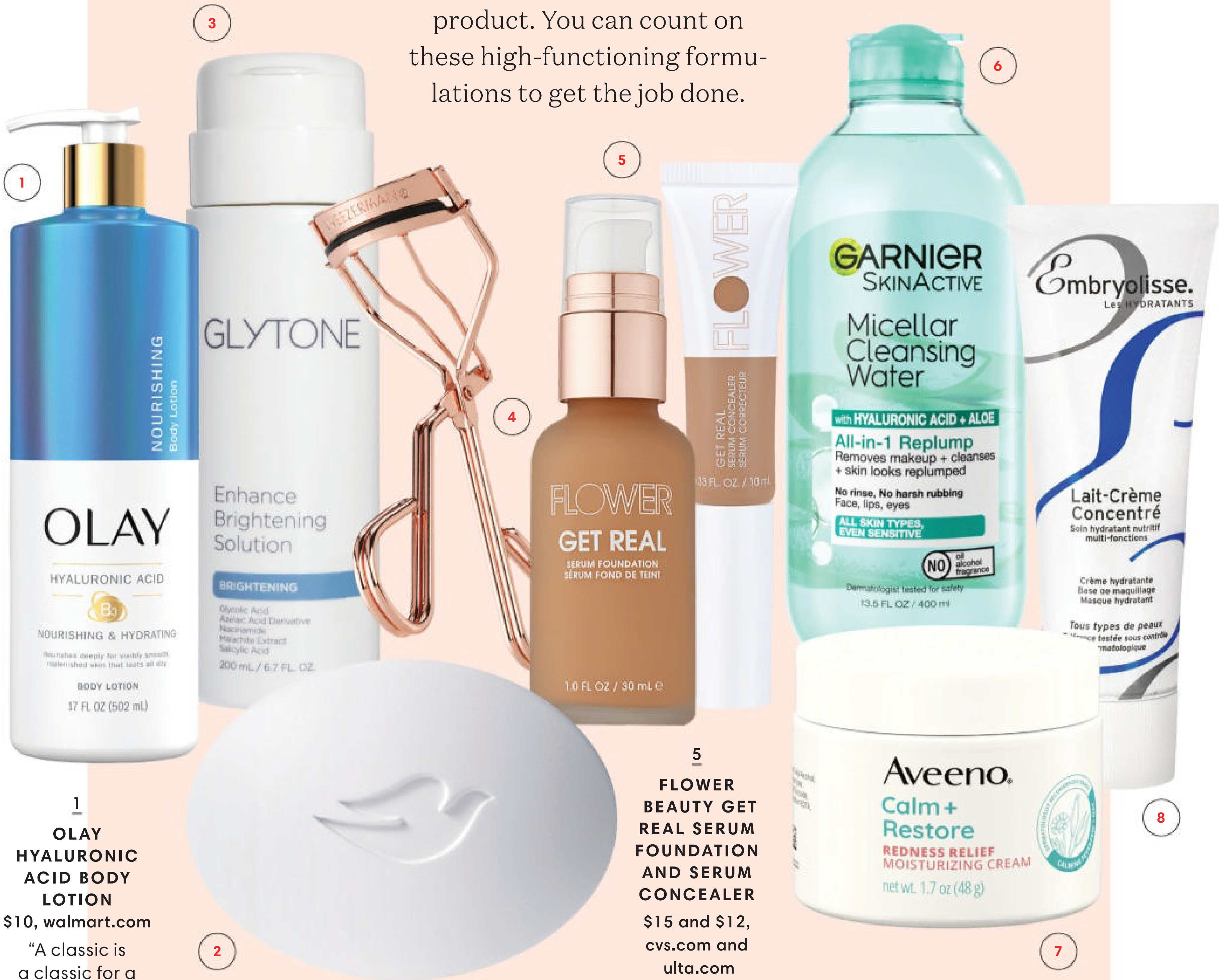
in just 7 days with Olay Hyaluronic Body Lotion.* Elevate your head-to-toe skincare routine with Olay Hyaluronic Body Wash and Olay Facial Moisturizer.

SCAN TO CART

*based on expert texture grading vs. baseline when used 2x/day

workhorses

Type A, but make it a beauty product. You can count on these high-functioning formulations to get the job done.



1

OLAY HYALURONIC ACID BODY LOTION

$10, walmart.com

"A classic is a classic for a reason — we carry them with us into our modern lives."

2

DOVE SKIN NOURISHING WHITE BEAUTY BAR

$5.50, cvs.com

"Even with my typical #beautyjunkies routine, this facial bar saves my skin."

3

GLYTONE ENHANCE BRIGHTENING COMPLEX

$39, glytone.com

"You can feel this working, which I always love in a product. It tightens your pores, cleans your skin, and gives you that hit of brightening acid we can all use. Don't forget to moisturize after!"

4

TWEEZERMAN CLASSIC EYELASH CURLER

$15, tweezerman.com

A must-have at an affordable price and available in every drugstore you walk into. This won't let you down.

5

FLOWER BEAUTY GET REAL SERUM FOUNDATION AND SERUM CONCEALER

$15 and $12, cvs.com and ulta.com

"Skin is in. Heavy makeup is out. These products even out skin tone, no makeup required."

6

GARNIER MICELLAR CLEANSING WATER

$10.50, garnierusa.com

"I pile on mascara until it feels like I need a pitchfork to get it off. In a few swipes, this water erases everything."

7

AVEENO CALM + RESTORE REDNESS RELIEF

$20, walmart.com

"I am obsessed with this moisturizing cream. It goes on completely dry with no oily residue and really helps on those days when your skin is irritated."

8

EMBRYOLISSE LAIT-CRÈME CONCENTRÉ

$29, us.embryolisse.com

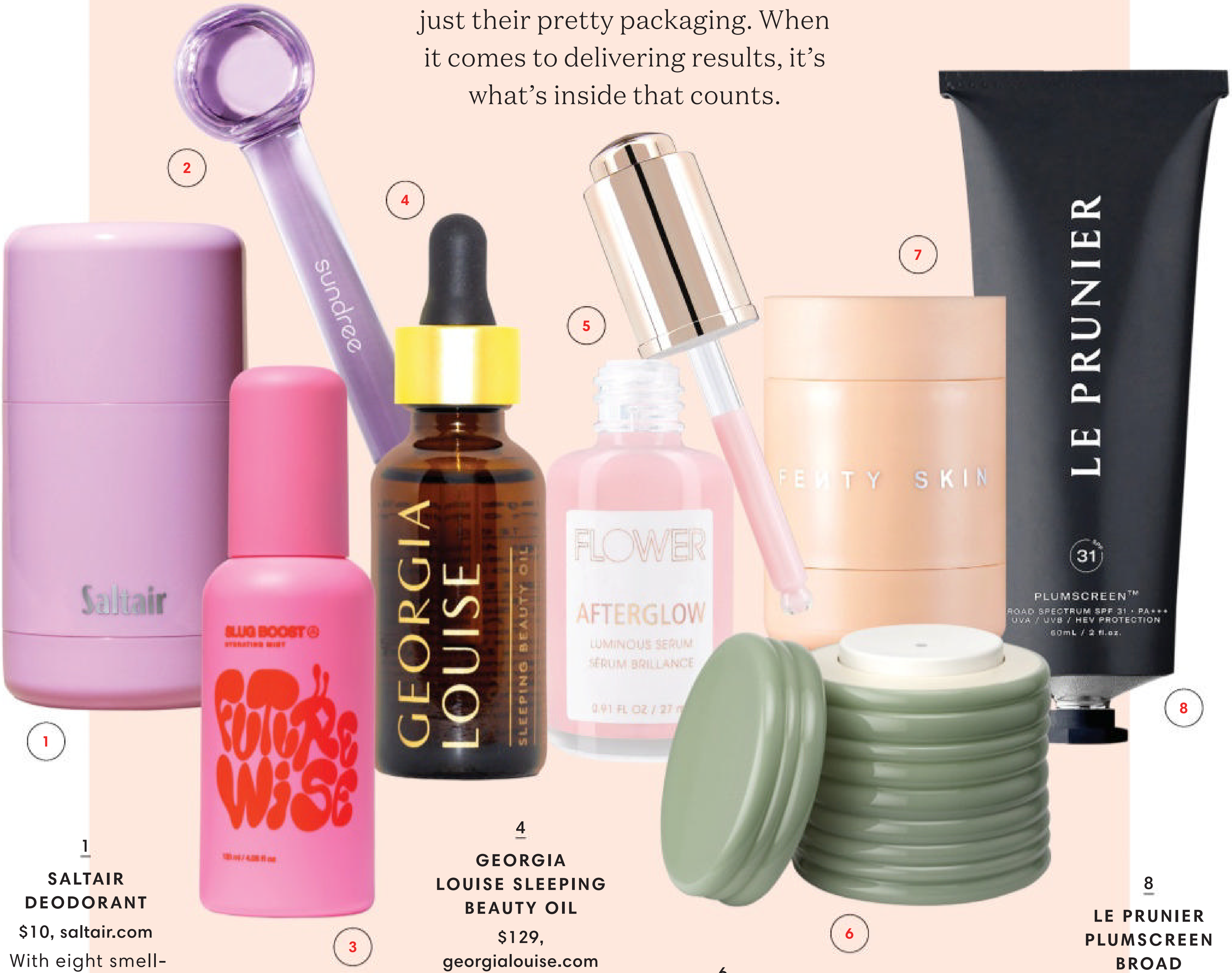
A-list makeup artists wet their sponges in water and use them to slather this moisturizer all over many, many actresses faces before big photo shoots.

COURTESY OF THE BRANDS

BEAUTY JUNKIES

show ponies

These products are more than just their pretty packaging. When it comes to delivering results, it's what's inside that counts.



1

SALTAIR DEODORANT

$10, saltair.com

With eight smell-good scents, a feel-good formula, and do-good refillable packaging, these skin care deodorants are redefining "BO" as "bodacious olfactories."

2

SUNDREE COOLING FACIAL GLOBE

$14, sundree.com

"I love a depuffing moment before work, before going out — basically anytime. Facial globes and chill."

3

SLUG BOOST FUTURE WISE HYDRATING MIST

$22, futurewise.world

The first-step hydrating spritz ups moisture and preps skin for what comes next.

4

GEORGIA LOUISE SLEEPING BEAUTY OIL

$129, georgialouise.com

"This is the best-smelling oil. You need only four drops per use, so the bottle really lasts, making it worth its price tag."

5

FLOWER BEAUTY AFTERGLOW LUMINOUS SERUM

$18.50, cvs.com and ulta.com

"You know how good your skin looks after the gym, a date night, or a facial? This serum is a sheer, light shortcut to just that glow."

6

SOFT SERVICES OVERNIGHT HAND TREATMENT

$58, softservices.co

This hand cream runs on renewing retinol and restorative colloidal oatmeal, plus the refillable case doubles as a ring dish. Genius.

7

FENTY SKIN PLUSH PUDDIN' INTENSIVE RECOVERY LIP MASK

$22, fentybeauty.com

"I adore everything Rihanna does, especially this lip-conditioning, moisturizing, smoothing, plumping powerhouse."

8

LE PRUNIER PLUMSCREEN BROAD SPECTRUM SPF 31

$78, leprunier.com

This next-gen sun and skin care delivers the benefits of a face oil plus real protection from sun, environmental stressors, and free radicals.

If you love beauty as much as I do, join me on Instagram **@drewbarrymore.**

COURTESY OF THE BRANDS

CLASS IS IN

session

Sunnies Face Fluffmatte "The Pinks" collection — which includes Femmebot (left) and Party (right) — offers nine rosy hues to suit every skin tone.

Drop into beauty school with **Emily Dougherty** and learn the new essentials from an A+ roster of experts.

lips

Your spring statement lip in just three steps

Robin Black

“It’s spring. And for spring, when you’re doing a statement lip, you want a *statement* lip,” says makeup artist, photographer, and behind-the-scenes product developer Robin Black. “So I want my hot pink lip. I want my bold red lip. I want my cherry-blossom lip. And I want that lip to be true to color and really, really bright.”

1

“There are different ways you can wear a bright shade. The easiest one is to apply the lipstick directly from the tube to your lips, and then you can blot gently with your fingers around the edges to blur and soften them. This is called a ‘foggy lip’ in Asia, and it’s a really nice, modern way to wear a lip. But I personally love a full-on statement lip with super-sharp lines. The first thing I do is tap my lips with Scotch tape or use a lip exfoliator, because I need my lips to be smooth.”

2

“Then I go in with a pencil liner, which I sharpen and warm on the back of my hand. People tend to draw around the outside of the lip, but I prefer to fill in the entire lip with a color that matches the lipstick. Not only will this double your lipstick wear time, but when your lipstick starts to wear off, it will wear really gracefully and you won’t get patches of color. (Some people recommend using nude lip liner, but I don’t like doing this. It makes the lipstick shade look muddy.) What I also love about lip liner is that it lets me play with the shape of my lips. For example, you could go just beyond your natural line on the center bottom of your lips. Not only will it make your lips look fuller, they’ll have a nice rounded shape and will look good from every angle. Especially on camera, and we’re all on camera all the time now, aren’t we?”

3

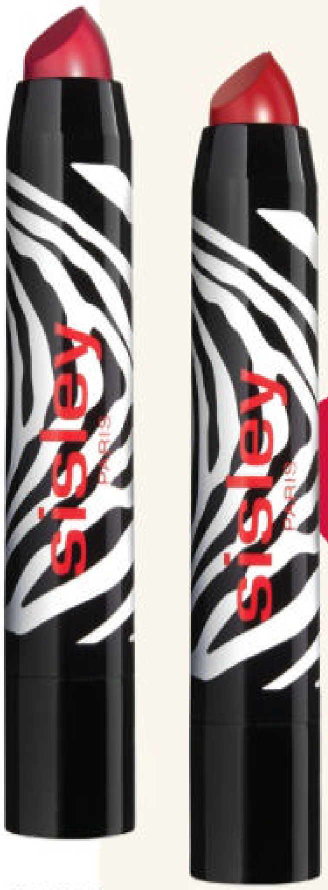
“To finish, I prefer to use a lip brush when I apply tube formulas — this is more precise than straight from the tube. If you’re using a liquid lipstick, the applicator it comes with is generally the best way to get a sharp edge.”

My go-to classic red lip, like when you see me in a photo wearing a red lip, is Sisley, No. 18 Tango.

COURTESY OF THE SUBJECTS AND BRANDS

lips cont.

To finish a classic lip, Black prefers the precision of a lip brush.



Sisley

“No. 17 Kiss (above left) and No. 18 Tango (above right) in the **Phyto Lip Twists ($55 each, sisley-paris.com)** are amazing spring colors. No. 17 is a sophisticated, deep-but-bright pink. No. 18 is one of the most classic, true reds that I’ve ever found. It’s such a wearable red, and it goes with everything. I wear it so much that I paint my nails to match.”

SERUM BALM INTENSE
BAUME SÉRUM INTENSE

Make Beauty

“I’ve been obsessed with the new **Make Beauty Serum Balms ($26, make-beauty.com)**. They have a lot of color. I keep them tucked everywhere. They are so addictive — you put them on for the first time and are like ‘Why does this feel so good?’ There’s this amazing deep purple shade, Orchid Fever, that looks incredible on darker skin tones, and they also make two dark nudes, which can be tough to find in lip balms.”

Sunnies Face

“Sunnies just launched a line that has a pink for every woman — even me, and I’m not usually a pink lip person. The founders of **Sunnies Face ($16 each, sunniesface.com)** are Filipino, and they keep medium and dark skin tones in mind when designing shades for all. Frolic (top) is a cool, nude pink but in the best possible way, like if Barbie were designed by Prada. Femmebot (middle) is an awesome, mauve-y, desaturated pink. Party (bottom) is a sophisticated, strong, blue-based pink — it’s gorgeous on a huge variety of skin tones.”

Les Filles en Rouje

“The beauty line from designer Jeanne Damas’ brand, **Rouje ($37 each, us.rouje.com)**, has some delightful options. I love the matte formula of Le Stylo and went crazy for Alix (right), a gorgeous nude adobe pink. Jeanne (middle) is a super-bright classic French red. Helene (left) is a desaturated red mixed with mauve — such an interesting color.”

For more, go to **beautyisboring.com** and follow **@beautyisboring**.

COURTESY OF THE SUBJECTS AND BRANDS

Longer, healthier hair. Guaranteed

Monique Rodriguez

“As long as you take care of your hair, it will grow,” says hair guru Monique Rodriguez, founder of Mielle Organics. “People tend to think it’s an overnight thing; they don’t have the patience to let their hair grow out. It also surprises me that in the African American community, women believe their hair cannot grow to a certain length. If you are living and breathing, your hair will grow. It won’t happen overnight, but it will happen.”

RULE 1

Look Inside

“Growing healthy hair is not just about topical solutions; it’s also how you take care of yourself internally. Make sure there are no underlying factors like low vitamins, health issues, or medications that can have adverse effects on hair. If you have vitamin deficiencies, take supplements. Taking care of your body on the inside will affect how your hair, skin, and nails look on the outside.”

RULE 2

Celebrate Your Roots

“Healthy hair starts with a good foundation: a healthy scalp. Cleanse the scalp at least every week with warm water (cold washing can cause buildup that can inhibit growth) and a clarifying or sulfate-free shampoo.”

hair

MY MONDAY
ATTITUDE IS CALLED,
“I’m Trying”

RULE 3

Get Hydrated

“Condition your hair every time you shampoo; upgrade to a deep conditioner once a week. If you don’t condition your hair, it can become dry; brittle hair will break. After conditioning in the shower, I recommend a leave-in conditioner to keep the strands moisturized. Then apply an oil like the **Mielle Rosemary Mint Scalp & Hair Strengthening Oil** ($10, walmart.com) to the scalp daily to ensure it’s healthy and stimulate hair growth.”

MIELLE
ROSEMARY MINT
SCALP & HAIR
STRENGTHENING OIL

RULE 4

Stay Hydrated

“Moisturizing products like **Mielle Oats & Honey Soothing Hair Balm** ($10, walmart.com) that penetrate the cuticle give you natural shine once the cuticle is sealed. Especially with Type 4 hair, moisturization is key, because the curl pattern is tighter and the oil tends to travel down the hair strand a little slower. So, if you have Type 4 hair, make sure you are moisturizing. On days you aren’t washing and conditioning, you can revive dry, thirsty hair by adding moisture with a product like **Mielle Rice Water Moisturizing Milk** ($9, walmart.com).”

MIELLE
OATS
& HONEY
SOOTHING
HAIR BALM
FOR SENSITIVE SCALP
Proud Supporter Of
susan G. Komen.

RULE 5

Trim to Win

“If your hair is in an unhealthy state, trim your ends frequently. A good rule is every six weeks until you get to a healthy state. After that, you spread out hair trimming to just when needed.”

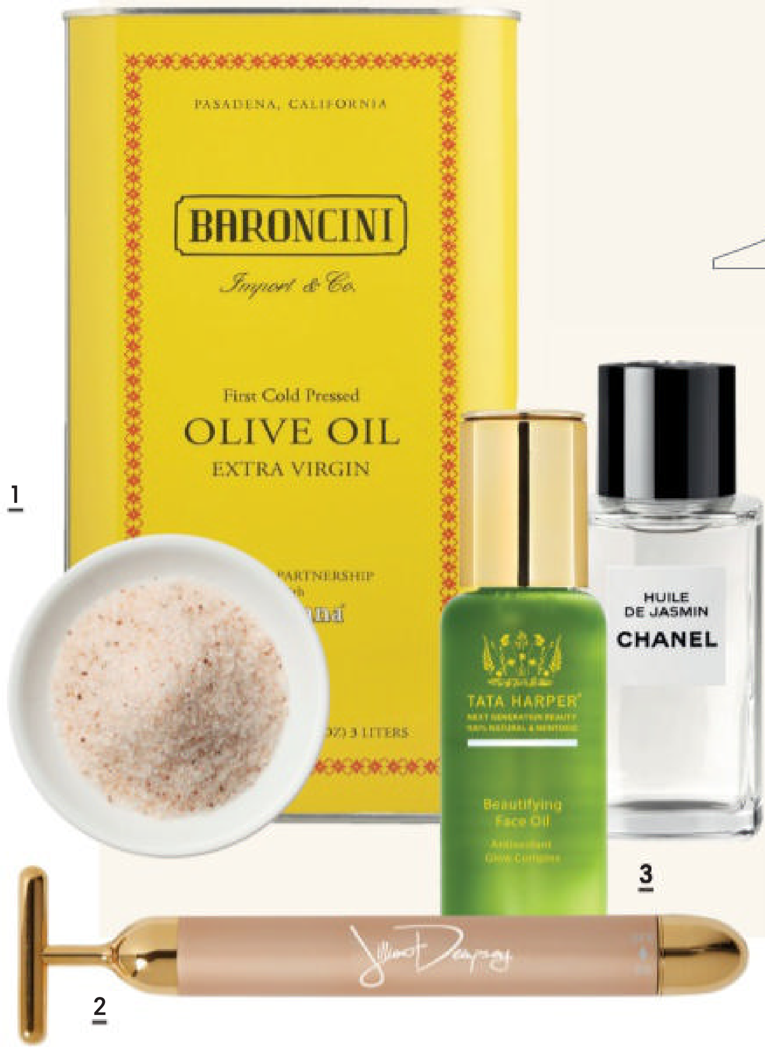
MIELLE
RICE
WATER
COLLECTION
MOISTURIZING MILK

For more, go to **mielleorganics.com** and follow **@mielleorganics.**

The three-minute routine for your best brows ever

Jimena Garcia

Chanel's first-ever brow ambassador, Jimena Garcia, believes that beautiful brows start with an arch-centric skin care routine. "We have hair care and skin care; we need to think of brow care as well," Garcia says.



1

"If we don't exfoliate the skin under the brow hairs, the pores and follicles might become clogged and hair might have trouble growing in. Exfoliation is key to clearing blocked follicles. I like to make my own exfoliator by mixing a very gentle salt, like fine pink Himalayan salt, into a face oil or olive oil. Mix a bit of the oil in your palm with a bit of the salt, and then dab on the brow and massage. Olive oil is extraordinary for skin and hair. My favorite is from **Baroncini** ($60, baronciniimportandco.com)."

2

"Next, use the oil to massage your brow area. There are a few techniques. You can use your middle finger and press in a circular motion from the beginning point of the brow to the arch to the endpoint. Or you can pinch your brow between your finger and thumb and move from the center to the outer corner. Just pinch, pinch, pinch, pinch. This brings blood to the area and creates a temporary lift. I also like to massage with a tool like the vibrating **Jillian Dempsey Gold Bar** ($195, jilliandempsey.com). I'm obsessed with it."

3

"It's important to regularly hydrate your brows with oils. You can buy argan oil, olive oil, castor oil. Castor has been linked to boosting hair growth, but it is also very thick, so I don't recommend it for acne-prone or sensitive skin. And we are lucky to have so many face oils with extraordinary blends, like **Tata Harper Beautifying Face Oil** ($105, tataharperskincare.com) and **Chanel Huile de Jasmin** ($120, chanel.com)."

REVITABROW® ADVANCED
eyebrow conditioner

Growth Economy

"If you've lost some brow hair, you can stimulate growth with something like **RevitaLash RevitaBrow** (**$110, dermstore.com**) or **GrandeBrow Brow Enhancing Serum** (**$38–$73, grande-cosmetics.com**). I've seen extraordinary results. But you need to be disciplined — you should put it right next to your toothbrush so you do it every night. It doesn't work if you aren't consistent."

Leaf Life

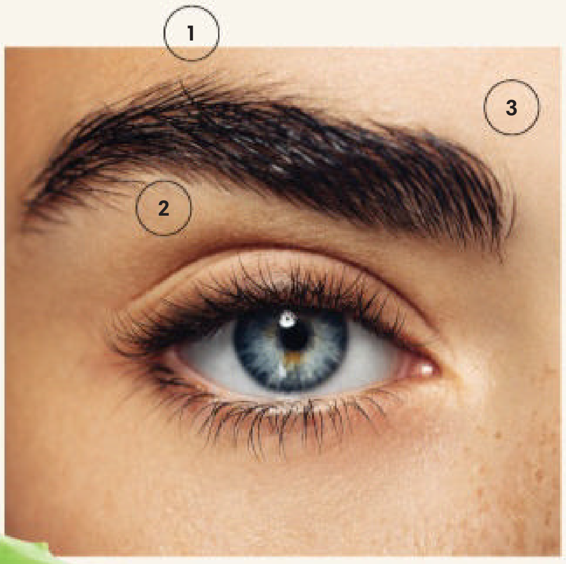
"Aloe vera is extraordinary for hair health. If you want to go totally natural, you can buy the actual leaf, cut it, and use the clear gel as a conditioner. I recommend conditioning brows anytime you are somewhere hot — at the beach, in an infrared sauna — because the cuticle opens up and receives all the nutrition."

COURTESY OF THE SUBJECTS AND BRANDS; SALT, ALOE, BROWS: GETTY IMAGES

BOY
DE
CHANEL
EYEBROW PENCIL
BLACK

Shape Shifters

"There are so many ways — pencils, waterproof pencils, pomades, gels, powders, pens — to get the look you want. Pencils are great if you want a soft brow — you can use them to create a base of color or use the sharper tip to target specific areas. I like to heat up the pencil by rubbing it on my hand to create a soft end, which gives a blurred effect. Pencils, powders, and some gels can add texture to the actual brow hair. I love the gray **Chanel Boy de Chanel** brow pencil (**$40, chanel.com**) — we haven't seen a color like this on the market before, and it works great on so many hair colors. I create lift under the brow bone with a dab of **Saie Glowy Super Gel** (**$28, saiehello.com**). A sweep of **Chanel Baume Essential** (**$45, chanel.com**) across the brow looks beautiful."



1. Add depth and color to brows with a brow pencil.
2. Create the illusion of lift with a highlighter.
3. Sweep on a little balm to nourish and protect.

Tammy Fender
Holistic Skin Care
Bulgarian Rose Water
6 oz / 178g

Brows contribute to so much of how we communicate to the world without using any words.

Rose All Day

"I am obsessed with rose water because of its healing properties. **Tammy Fender Bulgarian Rose Water** (**$70, tammyfender.com**) is a beautiful, magical one that I'm always using on brows to clean and treat the skin and reduce inflammation."

For more, go to **jimenabrows.com** and follow **@jimenabrows.**

The power of gua sha

Sandra Chiu

Gua sha is a traditional Chinese medicine practice that goes back centuries. “Today, gua sha remains an important modality used by TCM practitioners to treat pain and boost immune function,” says Sandra Chiu, acupuncturist, herbalist, and founder of skin care brand Lanshin.

The What

“Gua sha involves using a tool to stroke or scrape tight, tense, or pathological areas of the body to break down and remove blood stagnation. This improves the circulation of blood, fluids and qi (energy). Facial gua sha is an extension of that practice, though slightly different in application and results. While gua sha is more aggressive, facial gua sha uses a much slower speed and softer touch. The face really responds to a less-is-more approach. Pressure varies depending on the area of the face or neck, but I recommend light to medium pressure. And always go feather-light around the eyes.”

The How

“Facial gua sha movements are repetitive strokes across the skin surface with your tool. On the neck, you stroke up as well as down, but you do only one direction at a time. On the face, you generally stroke upward and outward from the center of the face to the hairline/ear/temple.”

1

“Prep skin with a hydrating mist and facial oil, such as **Josh Rosebrook Hydrating Accelerator** and **Apoterra Rose Nourishing Facial Oil** ($110 for a set that also includes a Lanshin Intro Gua Sha Tool, lanshin.com). It’s important to have glide, or ‘slip,’ when doing facial gua sha. I layer mists under oils to help the oils penetrate deeper and make skin feel supple and moisturized. Don’t do gua sha on open or wounded skin, sunburn, or dermatitis rash.”

2

“Stroke your neck and face with the broad, flat surface of your tool (not the thin edge). I like to work with the neck first to open circulation and blood flow to the head and face. The stagnation in the upper portions of the face clear more easily if the blood and energy flow below have been improved. It’s important to work tension out of the front and sides of the neck: I start by stroking the sides of the neck using upward strokes one to two minutes, then move to the front area of the neck for another one to two minutes.”

1

Josh Rosebrook
HYDRATING ACCELERATOR
HYDRATING FACIAL MIST
BRUME HYDRATANTE VISAGE
100 mL (3.3 FL OZ)
APOTERRA SKINCARE
Rose
NOURISHING FACIAL OIL
HUILE NOURRISSANTE POUR LE VISAGE

The When

“There is no best time for gua sha; morning and evening each offer unique benefits, so choose depending on your goals or what fits your schedule. In the morning, facial gua sha can help wake up your face, reduce puffiness, and prep your skin for makeup. At night, it deeply calms your nervous system to help you unwind and set your body to night mode.”

Modern research shows that gua sha strengthens the immune system and has anti-inflammatory effects.

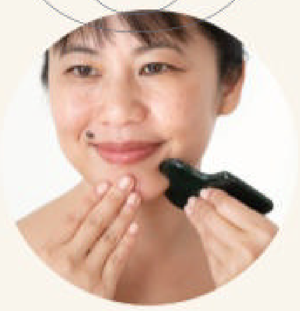
The Tool That Does It All

“Our **Lanshin Pro Gua Sha Tool** (**$129, lanshin.com**) is a Swiss Army knife of gua sha tools, with multiple angles, curves, and textured edges all in one. It’s shaped to fit the curves of the face and body perfectly, which is important for getting great results from your facial gua sha practice. I designed this tool myself, and patented it, after working with hundreds of gua sha tools and figuring out what I needed in clinical practice to get the best results for my patients.”

The Why

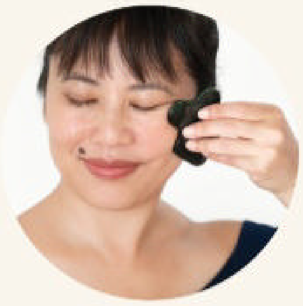
“Facial massage is an important way to stimulate circulation to the skin, tissues, and structures that support skin, such as bone and fascia. In the West we don’t think about or value the power and benefits of healthy circulation as much as we do in Chinese medicine and Asian culture. Circulation is vital to good health, which is necessary for youthfulness, attractiveness, and beautiful skin.”

3



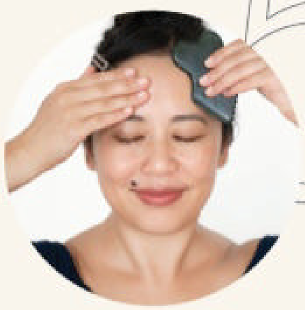
“Reverse and stroke the tool upward from the collarbone to the underside of the jaw. I like to stroke along the jawline and masseter (chewing muscle) first, working to release that tough masseter muscle using different edges of the Lanshin Pro Gua Sha Tool.”

4



“Work the tool from the nose, across the cheek, to the hairline/ears. For this step, I like to heat the tool by running it under hot water — it gets the circulation going and plumps the skin. All of these steps together can help soften deeper nasolabial lines.”

5



“To treat the brow area, I do strokes across the brow bone from the center procerus muscles all the way out to the end of the brow bone and through the temple to the hairline. I like to use the comb edge and sculpting lip on the Lanshin Pro Gua Sha Tool to help give the procerus and corrugator muscles extra release. I continue on to the scalp if I have time.”

The Tool That Warms You Up

“The **Lanshin Massager by Acera** (**$59, lanshin.com**) is an incredible, innovative tool — simply add hot water to the palm-size massager and it will deliver heat. Not just any heat, but far-infrared (FIR) heat, thanks to its tourmaline crystal coating. FIR heat is an important type of healing heat energy used frequently in Chinese medicine to melt tension and stiffness and penetrate deeply to better stimulate blood flow. The feeling of relief is so delicious and relaxing.”

For more, go to **lanshin.com** and follow **@treatmentbylanshin**.

COURTESY OF THE SUBJECTS AND BRANDS

At your leisure

Make the most of your free time with hobbies that offer benefits beyond fun.

Photographs by TED + CHELSEA

Prop styling by HEATHER GREENE / HELLO ARTISTS

PERM. RED LIGHT
PYRROLE ORANGE
AZO YELLOW LIGHT
SAP GREEN
OLIVE GREEN
PHTALO BLUE
PRUSSIAN BLUE
BLUE VIOLET
DUSK PINK
BURNT SIENNA
OPAQUE WHITE
IVORY BLACK

Get artsy

Pick up a paint brush, glue stick, scissors, or crayon. “Participation in the arts is scientifically proven to strengthen your whole being,” says Berry Stein, founder of Art Life Practice. “From increased positive emotions; reduced stress responses and anxiety levels; decreased depressive symptoms; and even immune system improvements, the research is rapidly reaching a consensus that regular creative practice improves your mental and physical health.” To make it easy to get involved, Stein offers four mixed-media creativity kits in her online store, along with how-tos and fine art inspiration to get you going.

ALP kits, $55–$125,
artlifepractice.com

Go wild

ANOTHER
BIRD
IN THE BOOKS
LETTERFOLK
PASSPORT
COLLECTION

When nature calls, answer, but see how it feels to let everyone else go to voicemail. “Mindfully meandering through nature while intently observing birds has brought me joy and serenity in my life,” says Isaiah Scott, the young, Black ornithologist, bird illustrator, and Instagram sensation who shares his love and knowledge of feathered friends with his following. “This feeling is what I seek to share with everyone through Ike’s Birding Hikes (@ikesbirdinghikes).” Scott recently created an all-level birding guide for Nocs Provisions, the binoculars company on a mission to help people see the natural world for themselves.

Bird passport, $10, letterfolk.com
Nocs Standard Issue waterproof binoculars, $95, nocsprovisions.com

The red-billed quelea is the most abundant of all wild birds.

Move and groove

Say "goodbye, couch" and "hello, exercise" — and welcome the feel-good hormones serotonin and norepinephrine that come along with it. "Movement is so important to overall health and general happiness," says Natalie Holloway, who reimagined workout gear to motivate and inspire people with her brand, Bala. "It keeps my mind sharp and helps me have energy for the hustle and bustle that comes with having children and running a business. If I am having a stressful day, I grab my bangles and go on a walk. Most of the time it makes me feel better."

Bala exercise gear, from $29, shopbala.com

bala
bala
10 LB
bala

Just 10 minutes of exercise per day can have a positive impact on your health.

Do it yourself

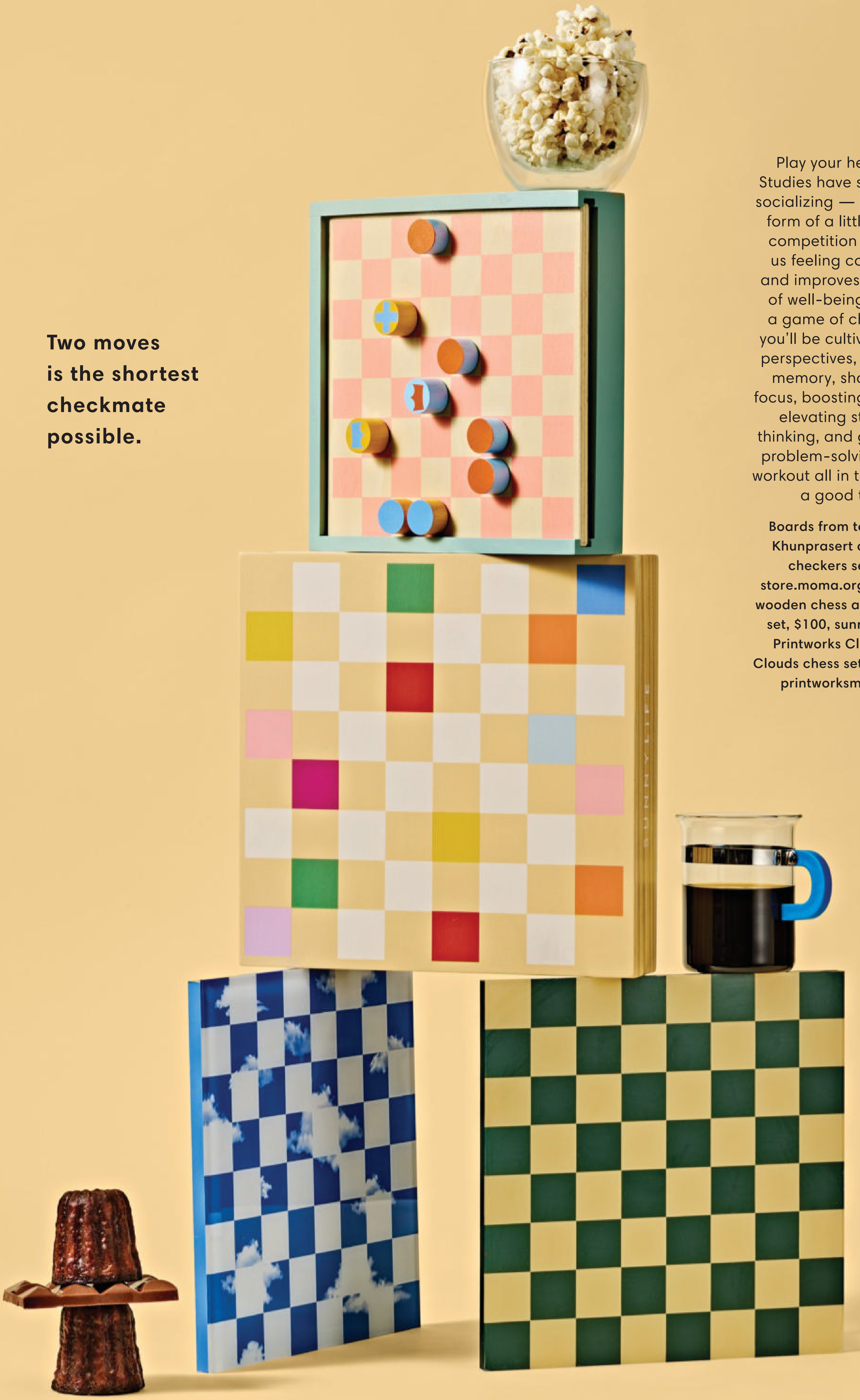
Get your fix with a project that has meaning. At every level of handiness — from changing a lightbulb to gutting your kitchen — there's a deep satisfaction that comes with knowing you can take care of your household business. "Fixing or improving something in your home makes your space both a better place to live and a reflection of you," says Character co-founder and CEO Alex Onsager. "Swapping out a light or painting a room gives your home character, and knowing you did it yourself means you get a jolt of confidence every time you see your work."

Character tools, from $8, withcharacter.com

The average tape measure extends out 60 inches.

character
character
character

Game on



Two moves is the shortest checkmate possible.

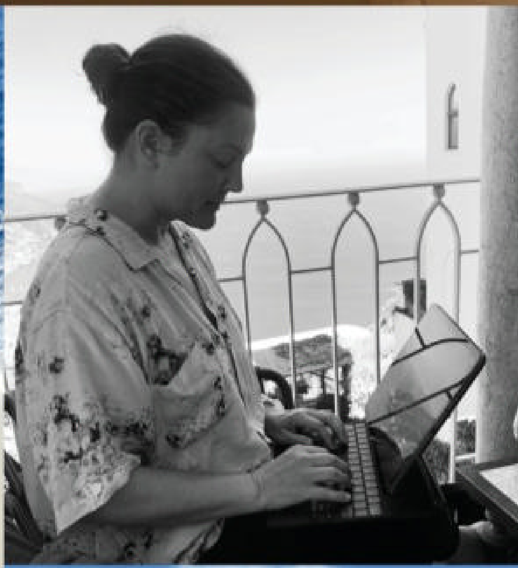
Play your heart out. Studies have shown that socializing — even in the form of a little friendly competition — keeps us feeling connected and improves our sense of well-being. Make it a game of chess, and you'll be cultivating new perspectives, improving memory, sharpening focus, boosting creativity, elevating strategic thinking, and giving your problem-solving skills a workout all in the name of a good time.

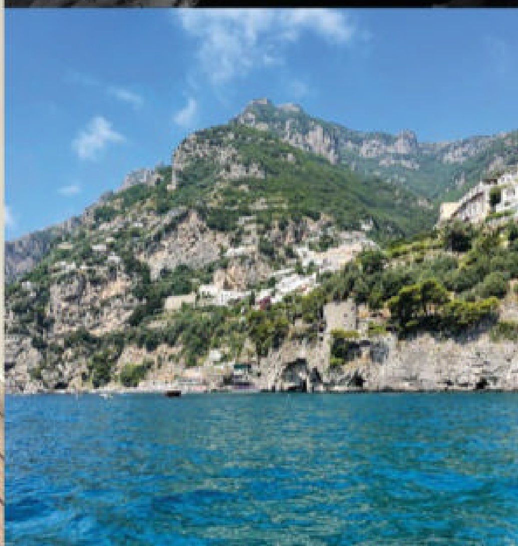
Boards from top: Panisa Khunprasert chess and checkers set, $55, store.moma.org; Majorelle wooden chess and checkers set, $100, sunnylife.com; Printworks Classic and Clouds chess sets, $69 each, printworksmarket.us

WILD DREW YONDER

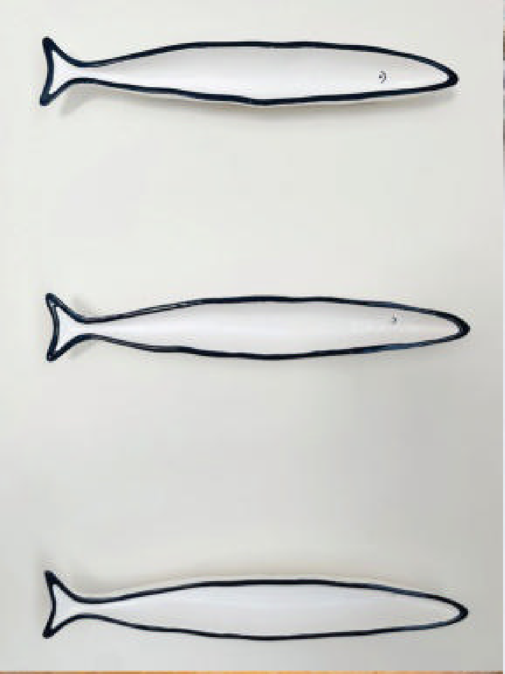
Italy

Ciao Italia! These are my favorite stops in Sicily, Puglia, and along the Amalfi Coast.





CLOCKWISE FROM TOP LEFT: A quick stop in Rome. The very glamorous Borgo Egnazia. Local ceramics everywhere. Views from the bell tower. Wandering the side streets in Forio, Ischia. At the Dolce & Gabbana show in Sicily. In Italy, never forget to look up. Another day, another Dolce look. Gelato break. The scenic route. Work break. Soaking it all in. A perfect spot for an afternoon dip.



GELATO
ARTIGIANALE
con prodotti
naturali

For years,

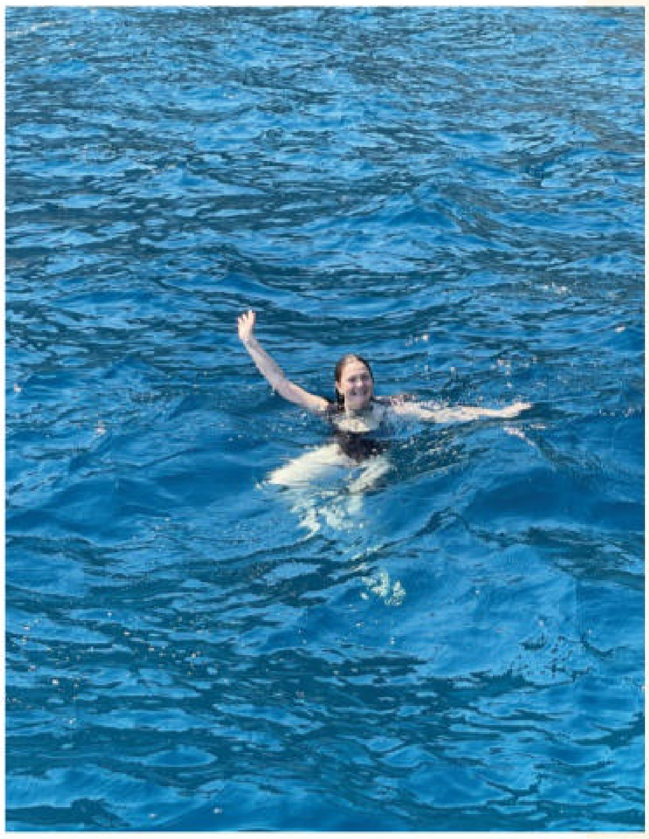
I wanted to go to Italy with my girlfriends. It finally happened last summer. When we arrived, I made a conscious decision to be really present. I love putting my phone down when I travel. I don't post on social media while traveling, partly because I don't want to broadcast where I am, but mostly so I can really live in the moment. I'm on tech all the time for work, so while I'm on vacation, I refuse to do it the same way. I borrow my friends' phones and take pics. Then we all share at the end of the day, so we end up with a mix of documentation. All of this is to say that I never shared one bit of my trip on social media: Instead I'm sharing it with you.

My best travel advice is don't be afraid to ask questions and listen. I found my favorite pasta in Sicily because we struck up a conversation with a guest over breakfast at our hotel. Also: Don't make too many plans. I chose places to go, but I had no plans. We just picked a town and wandered around — here are some of my favorite discoveries.

SICILY

Landolina Palace
landolinapalace.com
2 Largo Landolina, Noto
+39-327-235-2426
It doesn't get more magical than staying in an actual palace, surrounded by some of the most beautiful architecture (and most charming cafes) in the world.

Gagliardi Boutique Hotel
gagliardihotel.com
41 Via Silvio Spaventa, Noto
+39-093-183-9730
Worth it for the roof terrace alone. There you can have breakfast or cocktails overlooking this incredible city. The seriously stunning interiors don't hurt either.



Caffè Sicilia
caffesicilia.it
125 Corso Vittorio Emanuele, Noto
+39-093-183-5013
There's an episode of *Chef's Table* about pastry chef Corrado Assenza, who runs this 130-year-old shop. I can confirm the gelato to really is *that* good.

Fratelli Burgio
fratelliburgio.com
4 Piazza Cesare Battisti, Siracusa
+39-09-316-0069
Pick up sandwiches to eat by the water or stop in for your evening aperitivo.

Taverna la Cialoma
tavernalacialoma.it
23 Piazza Regina Margherita, Marzamemi
+39-093-184-1772
We heard over and over that this was the best place for fresh seafood in Marzamemi, a village on the Eastern coast of Sicily, and it did not disappoint.

Lido Trireme
58 Via Corrado Deodato, Fondo Morte
Retire to this beach after a long, leisurely lunch at Taverna la Cialoma.

ISCHIA & THE AMALFI COAST

Mezzatorre Hotel & Thermal Spa
mezzatorre.com
23 Via Mezzatorre, Ischia
+39-08-198-6111
At this ultra glamorous hotel, perched on a cliff over the Bay of Naples, natural thermal springs deliver warm, healing water directly into the swimming pools.

Primo Piano Posillipo
primopianoposillipo.it
299 Via Posillipo, Naples
+39-349-333-6396
Beautiful little suites and apartments, perfect for crashing after a long day of exploring.

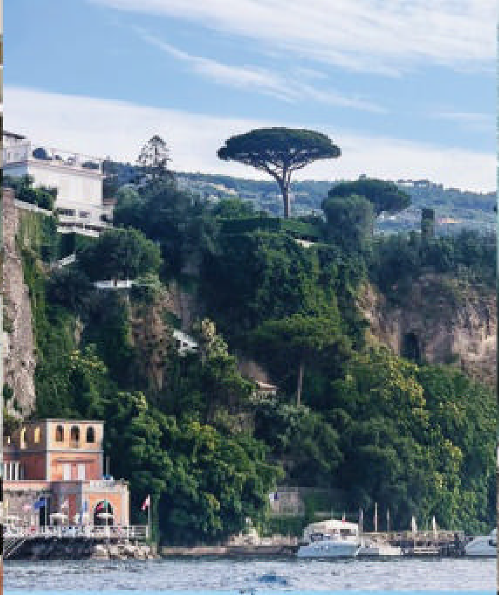
Hotel California
hotelcaliforniapositano.it
141 Via Cristoforo Colombo, Positano
+39-08-987-5382
No, not that Hotel California. This place, with its warm service and iconic Positano view, feels like staying at your fanciest friend's villa.

Il Ritrovo
ilritrovo.com
3 Piazza Cappella, Positano
+39-08-987-5453
Sign up for a cooking class at this pretty restaurant overlooking the coast.

La Taverna del Leone
latavernadelleone.com
43 Via Laurito
+39-08-981-1302
Local specialties, super fresh ingredients, and immaculate vibes: check, check, check.

Mamma Agata
mammaagata.com
9 Via S. Cosma, Ravello
+39-08-985-7845
This cooking class was fully booked, and with good reason — word is it's one of the best places in the world to learn to make pasta.

Ristorante Neptunus Original
ristoranteneptunus.com
+39-338-467-2608
Via Lo Russo 11/Int. 2
Via Lo Rosso, Ischia
Hands down, the best crab pasta I've ever had.



CLOCKWISE FROM TOP LEFT:

Pasta from scratch at Il Ritrovo. An umbrella tree in Ravello. Chiesa del Varó in Messina. The best views are always from a boat. Our ride in Puglia. Olive groves and vineyards. Cruising in the sun. Sun and saltwater: the best beauty products. Landing on the island of Ischia.

Spiaggia di Sant'Angelo
Via Sant'Angelo,
Ischia
I can't think of a better way to spend an afternoon than on this beach at the edge of a colorful village.

PUGLIA

Locanda Don Ferrante
donferrante.it
27 Via S. Vito,
Monopoli
+39-393-365-4652
Super charming on the inside, insane views of the Adriatic Sea on the outside.

Borgo Egnazia
borgoegnazia.com
Strada Comunale
Egnazia, Savelletri
+39-080-225-5000
This impossibly pretty and romantic hotel also happens to have incredible food (hello, Michelin star) and the chicest gift shop I've ever seen.

Angolocinque
7 Via G. Barnaba,
Monopoli
+39-348-374-2987
The pasta, the fresh seafood, the wine — it's all so good.

Vini e Panini
34 Largo Giuseppe
Garibaldi, Monopoli
+39-080-967-3612
After wandering the little side streets of Monopoli, stop for excellent panini and people-watching.

Porto Rosso
2 Via Tommaso Moro,
Monopoli
+39-339-250-8376
Pizza with a view over the bay. Need I say more?

Lido Morelli
1 Contrada Fiume
Morelli, Ostuni
+39-339-809-8345
No shade to the rocky Amalfi Coast, but sometimes you want a white, sandy beach. Puglia has you covered.

Puglia Auto Classica
pugliautoclassica.com
86 Via Cagliari,
Taranto
+39-320-457-4307
Have your Fellini moment and cruise the coast in a classic convertible.

CLOCKWISE FROM TOP LEFT:

A dolce vita view. A place to hang your hat. Ready for a nap at Dimora Delle Balze. Exploring Massa Lubrense. Mood. Ischia's thermal baths. Liccamuciula, a restaurant/bookshop in Marzamemi. Finding wildflowers wherever I go. A perfect long lunch. A cooking class at legendary Don Alfonso 1890. Riding in style with Puglia Auto Classica.

EXTRA CREDIT

Villa Igiea
Roccofortehotels.com
43 Salita Belmonte,
Palermo
+39-091-631-2111
A 19th-century palazzo that feels like a portal into Sicily's heyday.

Dimora Delle Balze
dimoradellebalze.com
96017 SS287, Noto
+39-327-906-4756
This splendid and storied backdrop may inspire your very own artistic and culinary renaissance.

Masseria Torre Maizza
roccofortehotels.com/hotels-and-resorts/masseria-torre-maizza
Contrada Coccaro,
Savelletri
+39-080-43811
A love letter to life in the slow lane, with endless lunches, lazy beach days, and naps in the olive grove.

Cooking Class at Don Alfonso
donalfonso.com
11 Corso Sant'Agata,
Massa Lubrense
+39-081-878-0026
In a word: legendary. Use produce from their gardens to cook the cuisine of the Sorrento Peninsula with a Michelin-starred chef.

For more travel inspo, follow **@drewbarrymore.**

Additional reporting by Tess Falotico-LaFaye.

Fresh seafood around every corner. One of many (many) slices of pizza in Naples. Even the plates celebrate. Tastes like summer.

Dear Drew

Your questions answered, with love from me to you!

Dear Drew,

What was your biggest dream when you were a child?

— @diegojeperez

Funny enough, my fantasy job is still the one I covet — travel writer. I would go everywhere and take all the photos and write the articles. Good news is, thanks to this magazine, I am living out my dream. I went to Italy this summer, I took photos, and I used what I liked and learned from my trip to write a guide for this issue.

xo Drew

Dear Drew,

What's a fun thing you loved doing before becoming a mom that you want to do again?

— @marissajeanofficial

Sleep without guilt. Most days, we wake up at 6:15 a.m. to get breakfast, brush teeth and hair, dress, and get out the door for school and work. Summer is my new happy place — no work, no school, and guilt-free sleep!

xo Drew

Dear Drew,

What films do you watch to cheer yourself up?

— @claireyloucreations

Baby Boom, *Sleepless in Seattle*, *Dumb and Dumber*, *Airplane*, *Bull Durham*, and *I do love Mommy Dearest* — it's such a classic.

xo Drew

Everyone loves a happy ending.

PICTORIAL PRESS LTD / ALAMY STOCK PHOTO

Dear Drew,

What do you do with free time with your family?

— @mama.bear_2019

On weekends, I usually host big dinner parties for my daughters and their friends. We order food and put on a movie; we play games and paint. We walk to costume stores, go to movies, go on drives, or just walk around. And I am big into sleepovers. If it's just the girls and me, I plan lots of activities like a play, museum, shopping — we just do until we don't. And, sometimes, after a week of work and school, we all need half a day of absolutely nothing.

xo Drew

Dear Drew,

How do you change your mindset when you really don't want to get out of bed in the a.m.?

— @mikemcgue

Have a question for Drew?

Send us a line at **hello@drewbarrymore magazine.com.**

For more Dear Drew Q+A, tune in to ***The Drew Barrymore Show.***

Check ***thedrewbarrymoreshow.com*** for listings.

I met a teacher named Patricia Byrd when *The Drew Barrymore Show* helped find funding for a new playground at her school in Dallas. I asked her that same question. She told me to take time to set an intention. Now, if I'm all out of sorts, I sit in bed until I switch off my negative thinking and focus on something inspiring. It takes two minutes, and it's a game-changer. I call it Byrd time.

xo Drew

Dear Drew,

What's in your junk drawer?

— @victoriayerf

I don't really have a junk drawer, but I keep a lot of crap in my bedside table: highlighters, my Playbill collection, hair ties, random medicine that's been in there for years, ear plugs, books.

xo Drew

Dear Drew,

Do you travel light or do you bring lots of suitcases?

— @brucemahan6

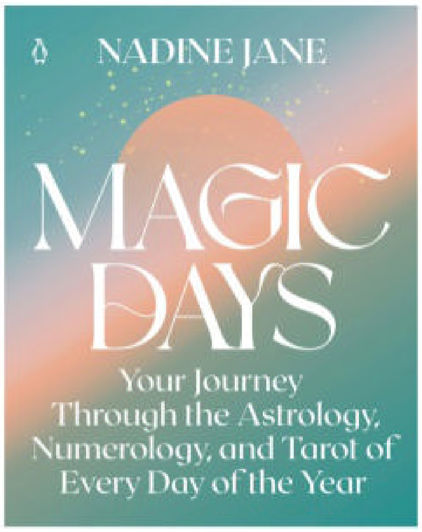
I want so badly to be the girl who has a carry-on and a little purse. Instead, my bags are like Russian dolls before they've been neatly placed all back together. There are bags on top of bags inside of bags. I'm a hot mess, but I'm working on it.

xo Drew

Big spring energy

Astrologer and author of the new book *Magic Days*
Nadine Jane offers astro insights and
high-vibrational dates to remember this season.

Illustration by
ANTONIA FIGUEIREDO



NADINE JANE

MAGIC DAYS

Your Journey Through the Astrology, Numerology, and Tarot of Every Day of the Year

There's no easy way to put it: The last few years have been hard. But this spring marks the end of a series of eras in each of our lives, inviting new opportunities and possibilities, so we can finally *begin again*.

First, in early March, Saturn will leave the sign of Aquarius and enter the sign of Pisces. After two and a half years of disruptive, uncomfortable, but necessary change, Saturn invites us to tend to our wounds and heal with the power of self-compassion. Instead of disregarding our emotions or dismissing our creativity, Saturn in Pisces encourages us to nurture these tender and artistic parts of our nature. Listen to and acknowledge the full rainbow of your humanity: your sensitivity, your spirituality, your intuition, and, above all else, your aspirations. Dream a bigger dream. There is much magic to be unleashed within self-belief.

With Jupiter in Aries until May, the time to act on your dreams is *now*. While the past few years have called for patience due to stagnation, Jupiter in Aries invites each of us to pursue our deepest ambitions rather than waiting around or depending on others for permission. Rely on your intrinsic power to make things happen, leaping at every opportunity to progress toward the person you know you are meant to become. A little bit of innocence and naïveté can go a long way, so don't get lost in imposter syndrome. It's safe to rely on the gifts of beginner's luck.

Come mid-May, when Jupiter enters Taurus, you're invited to build meaningful and sustainable progress toward these personal dreams. Whether it be purchasing the URL for your new business or putting away a manageable amount of money toward a down payment on your first house, Jupiter in Taurus reminds us that an ambition without a plan will forever remain a dream. Slowly but surely, placing one inspired foot in front of the other, we can enter summer with a renewed belief in ourselves.

The astrology of spring invites us to believe our dreams into reality.

MARCH 7

SATURN ENTERS PISCES

Mantra: My feelings are important. My dreams are valid. My intuition is real. No matter how society has taught me otherwise, I will listen to and pursue the magic that lives within me.

MARCH 12

JUPITER CONJUNCT CHIRON IN ARIES

Mantra: Just because I was taught to fear my power and dismiss my potential doesn't mean I have to squash it any longer. I will feel the fear and act upon my ambitions anyway.

APRIL 20

SOLAR ECLIPSE IN ARIES

Mantra: The past is no longer holding me back, and I can't wait any longer. The time for me to own my power is now! Get out of my way, world. I'm ready to pursue what I want.

MAY 5

FULL MOON LUNAR ECLIPSE IN SCORPIO

Mantra: I will dig deep within myself to uncover my most powerful truths. By better knowing myself — the good, the bad, and the downright weird — I can better understand how to create a life of profound meaning.

MAY 16

JUPITER ENTERS TAURUS

Mantra: I will take the first tangible, sustainable step toward becoming the person I hope to become. There's no rushing my evolution or shortcutting my growth; I am building my future on solid ground.

To purchase *Magic Days*, go to **nadinejaneastrology.com.**

For more, follow **@nadinejane_astrology.**

Ask Dr. Aliza

It's that time when we go deep with Dr. Aliza Pressman. She's a friend and distinguished expert and thought leader in the field of child psychology. Her podcast, *Raising Good Humans*, is full of research-based advice and tools. Her specialty is guiding people through parenting, but you don't have to have kids to find wisdom in her words. I always learn something, and I hope you will, too!

Drew: For our How We Do It issue, I thought a good place to start would be our daily schedules. What do realistic schedules or to-do lists look like?

Dr. Aliza: One approach is for each family member to think about what they have to or want to get done. Fill that in and see how the days look. Is it manageable? Is it too much? Dump whatever doesn't fit or feel right.

Drew: As much as I like spontaneity, you talk a lot about the value of consistency. My kids wake up, go to school, have bath and bedtime rituals — is that what you mean by consistency?

Dr. A: Those are routines. Making sure these routines happen regularly — that is consistency, and that is what helps them feel safe in an uncertain world.

Drew: So the repetition and the understanding of how the day goes is good and healthy for children? The stigma of "you gotta do it this way" ruffles my feathers, but I want the very best for my kids, and to me the very best thing is the safest thing.

Dr. A: I love that you just said safe. Routines are safe only if you are comfortable with them. And a safe schedule is what you want — one that feels like a warm blanket of "I know what to expect here."

Drew: But what about when your schedule needs to change or things come up? This feeling of having to be perfect all the time is such a pressure for parents.

Dr. A: Routines are there to anchor us, but life is life. Nobody's perfect, and there's no such thing as a perfect parent. Try to be aware of when the voice of perfectionism pops into your head. Whether we like it or not, we feel like our kids are reflections of ourselves, and the more we expect perfection from ourselves — the nastier the voice is in our heads — the more our kids learn to expect it from themselves. When this happens, remind yourself that you don't want your kids growing up yelling at themselves in their heads. It's OK to make mistakes — and to make mistakes in front of them.

Drew: How do we let ourselves off the hook?

Dr. A: Whenever that inner voice isn't nice, imagine that your child is talking to themselves like that, and you will stop. Let them do what they are capable of, guide and support them, and then teach only where they really, really need you.

Drew: Is it true that we lead by example? Like, if I am living a higher-road life in which I am a little gentler, a little more patient, a little kinder to myself, that will have a trickle-down effect on my kids?

Dr. A: Yes, it's true. It makes a difference if we pause before we talk to ourselves to ask, "Is this what we want them to hear?" Even if kids can't actually hear what's going on inside of your head, they know how you are talking to yourself.

Drew: Thank you, Aliza. You're the perfect expert to help us de-perfect ourselves.

For more, follow **@raisinggoodhumanspodcast** and tune into ***The Drew Barrymore Show***.

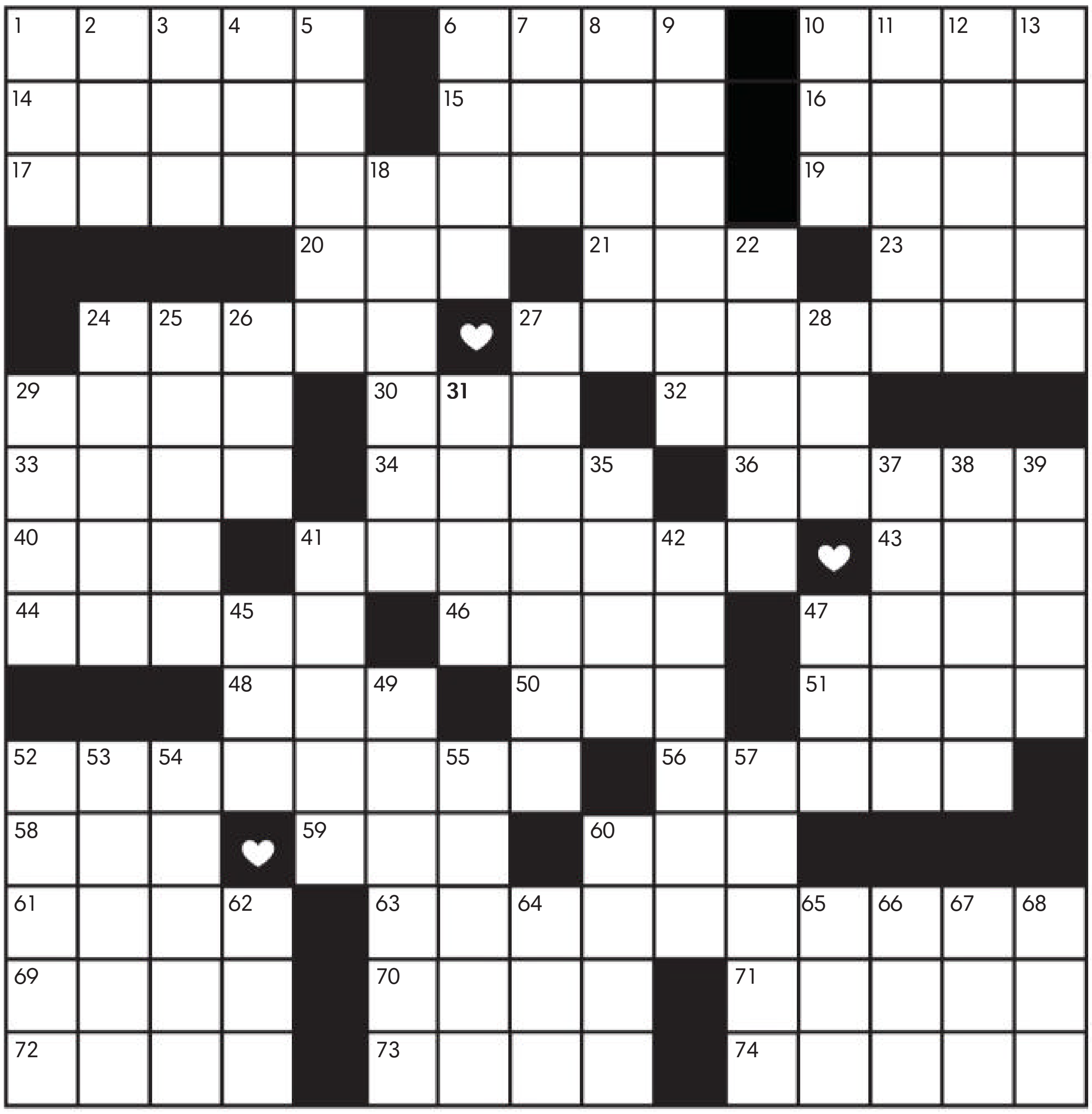
Routines are there to anchor us, but life is life.

SPRING INTO ACTION

By
MATT GAFFNEY

ACROSS

1 Weather map technology
6 Masterwork
10 Direction of the sunrise
14 Hawaiian greeting
15 Carter of *Gimme a Break!*
16 Say ___ (reject)
17 Spring break is when college students flood this Florida hot spot
19 Magazine with lifestyle tips (and a crossword!)
20 New Year's ___ (when the ball drops in New York)
21 Flag thrower, in football
23 Golf ball holder
24 Ortega or Fischer
27 Spring training brings players of this sport back to the field
29 Coffee, casually
30 Score requiring overtime
32 "It takes ___ to tango"
33 "Taking care of that right now"
34 "Back in Black" band
36 Be awesome (at something)
40 Put money on it
41 Spring cleaning is when many people empty this appliance
43 Actress de Armas
44 Incredible bargain
46 *Dear ___ Hansen*
47 Works with scissors
48 Young fellow
50 Tax org
51 Takes advantage of
52 Spring rolls are a perfect seasonal snack, traditionally eaten at this kind of event in China
56 Brown shade
58 Big bird of Australia
59 Highways and such (abbr.)
60 Website traffic (abbr.)
61 Enjoyed a roller coaster
63 Spring fever may prompt teenagers to do this (not more than one day, please!)
69 Not quite shut, as a door
70 Watson, Stone, or Raducanu
71 Symbol of love
72 Amusement park hassle
73 Drop produced by watching a sad movie
74 Wanted in on a poker hand



DOWN

1 Snoop Dogg's music
2 French for "in the style of"
3 Cheadle or Johnson
4 "Oh, now I understand!"
5 Japanese noodles
6 "___ upon a time…"
7 Louvre pyramid architect I.M. ___
8 Prefix with violet or marathon
9 Most sneaky, like a fox
10 Grand finale
11 Main artery of the body
12 Metal associated with Pittsburgh
13 Bathroom rack item
18 ___: *The Way of Water* (2022 sequel)
22 Less
24 Jackson who sings "Control"
25 Online party planning site
26 Member of D.C.'s baseball team
27 Cause trouble for
28 Gift container
29 Steve who co-founded Apple
31 Frozen drink brand with a polar bear in its logo
35 Alexander the Great, for one
37 "There's no ___ for alarm"
38 Big computer key
39 Young lady, in Scotland
41 Pizazz
42 "Hilarity ___"
45 ___-weekly (type of newspaper)
47 Baby bear
49 TV fan's purchase
52 Wild, as an animal
53 Kissing-hearts face, e.g.
54 Country south of Egypt
55 "___ again later" ("I can't deal with this at the moment")
57 Type of coffee in many Starbucks orders
60 Practice boxing
62 Before, in poetry
64 "___ little teapot …"
65 Egg layer
66 Cracklin' ___ Bran (cereal)
67 Mining find
68 Inc., in England

Looking for answers? Find this puzzle's key saved as a highlight on the @drewbarrymore Instagram profile.

HOW WE DO IT

Jamming out

Good music?
Check, check.

By **DREW BARRYMORE**

Enjoy the Silence
DEPECHE MODE

Be Mine (Jaakko Eino Kalevi Remix)
ALICE BOMAN

As It Was
HARRY STYLES

Sunny
BOBBY HEBB

Lay Your Head on Me (feat. Marcus Mumford)
MAJOR LAZER, DIPLO

Geraldine
GLASVEGAS

The Dress
DIJON

Shuggie
FOXYGEN

Angel
GAVIN FRIDAY

Fruits of My Labor
LUCINDA WILLIAMS

Je Te Laisserai des Mots
PATRICK WILSON

Halah
MAZZY STAR

Miss Summer
ODIE

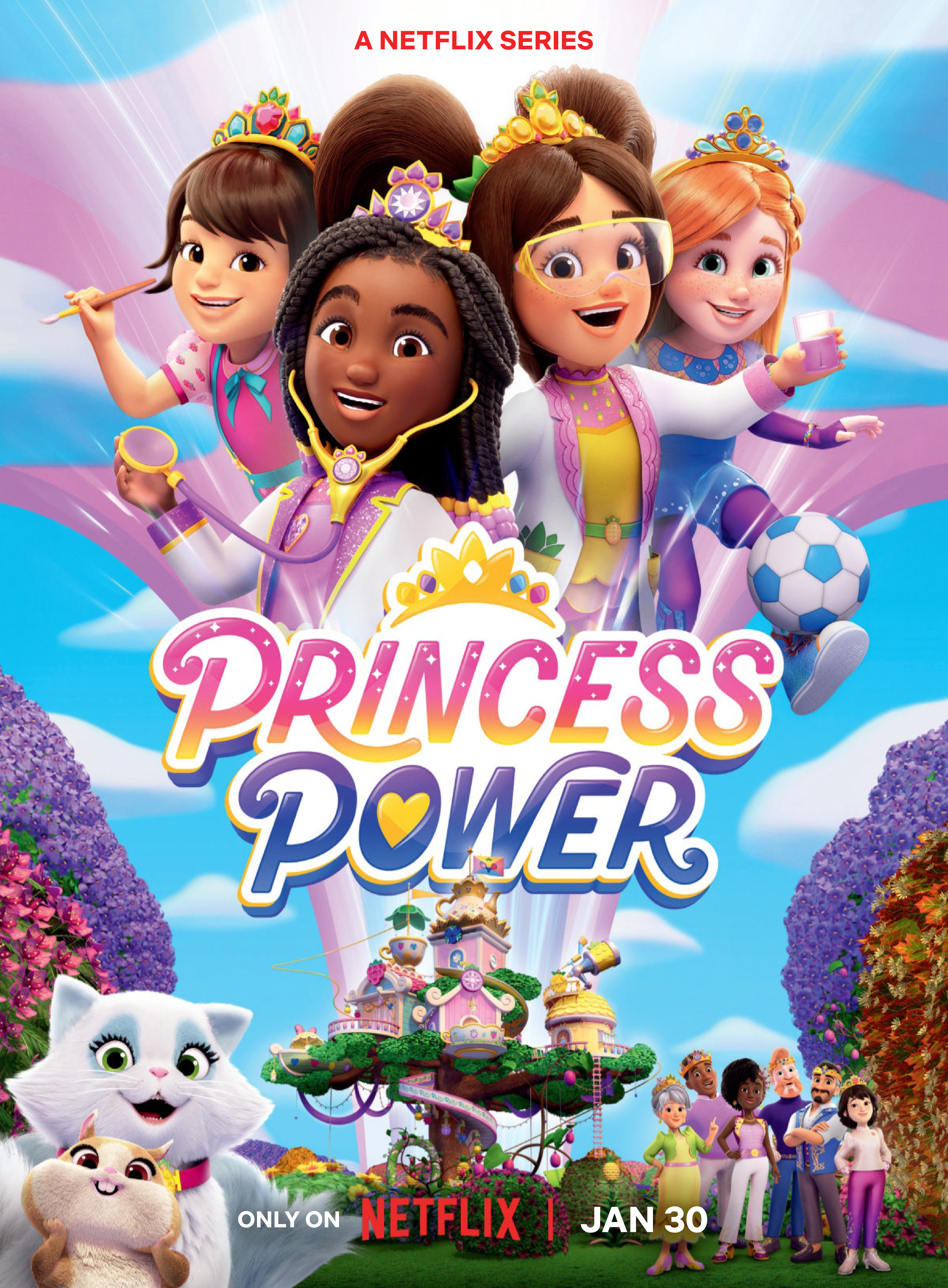
You Don't Want Me
WESLEY BRIGHT &
THE HONEYTONES

If It Makes You Happy
SHERYL CROW

Wake Up
ARCADE FIRE

You can find the **How We Do It** playlist on my Spotify profile.

LANDON MCMAHON


A NETFLIX SERIES
PRINCESS POWER
ONLY ON NETFLIX | JAN 30

GARNIER
NEW NUTRISSE
Ultra Crème
– Drew
DREW BARRYMORE
NOURISHED HAIR
BETTER COLOR
IMPROVED
RICHER COLOR
5 FRUIT OILS
8 WEEKS
LONG-LASTING COLOR
NOURISHING #1 COLOR CRÈME*
GARNIER
70
5 Fruit Oils
NEW
NUTRISSE
Ultra Crème
NOURISHING
PERMANENT COLOR
100% Gray Coverage
VEGAN FORMULA
9 OUT OF 10 WOMEN WOULD RECOMMEND TO A FRIEND*
FIND YOUR NATURAL MATCH AND GO
BEHIND THE FORMULA ON GARNIER.COM
Cruelty Free INTERNATIONAL
VEGAN FORMULA*

*Based on 202 person consumer use test

*No animal derived ingredients

*L'Oréal USA calculation based on Scantrack for the Women's Hair Color Crème Form for the 52 Weeks Ending 12/03/22 time period. Copyright © 2022, Nielsen Consumer LLC.